Introduction

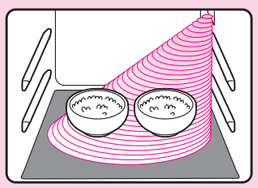
Open and close the door once, and make sure that 0 is displayed in the display area.

- To save power, when the oven is not used and left with 0 displayed, the power will turn off automatically after about 10 minutes.
  The power does not turn on when you simply insert the power plug in an outlet (Standby Power Zero Watt Function).

When the door is opened and closed, the power turns on and 0 is displayed in the display area.
How to Turn On the Power →P. E-4

Using Auto Cooking Skillfully

- The oven has a built-in infrared sensor for cooking food by measuring its weight, using the Auto Menu.
- There are 28 types of Auto Menu options available, where you do not need to set the heating method, time, or temperature. You can cook delicious food simply by selecting a menu option and pressing Start.



Place food in the oven cavity, in the center of ceramic tray.
- When food is placed on the edge, or when small amounts of food are heated, it is not possible to measure the temperature of the food correctly. This may result in the food being overheated, uneven heating, smoke, and ignition.

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What to Check and Prepare Before Using Your Oven for the First Time

Checking Installation

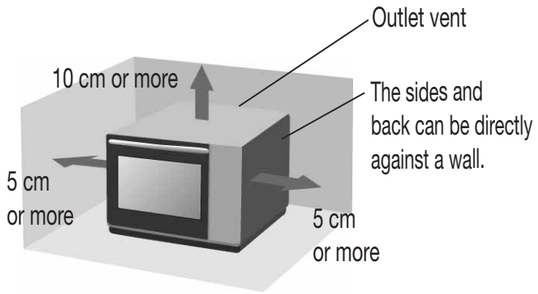
● When you install your oven, leave enough space for heat to radiate, following the diagram shown here.

Note: There is an outlet vent on the top of the oven towards the back.
Heat radiates from this outlet vent.

● Although you can align the sides and back of the main unit directly against a wall or furniture, be sure to check the following.

- Is the wall or storage rack weak with respect to heat?
- Leave some space between the wall and oven, because contact with the oven may cause marks on the wall, depending on the wall material. If the wall behind the oven is a glass wall, is there a space of 20 cm or more?

Note: If the oven is close to a glass wall, differences in temperature may cause the glass to break.



There is an outlet vent on the top of the oven towards the back. Heat radiates from this outlet. Unless there is enough space for the heat to radiate, the wall surface can become discolored, and the main unit may malfunction.

● Do not install the oven near curtains or objects that are weak with respect to heat.
● Do not install the oven so that the inlet vent on the bottom is covered.
● Do not install the oven such that the five sides (top, left side, right side, back, bottom) are covered.
- Even if there is space around the product, leave one of the top, left side, right side, or back open.

● Install the oven on a flat and sturdy stand.

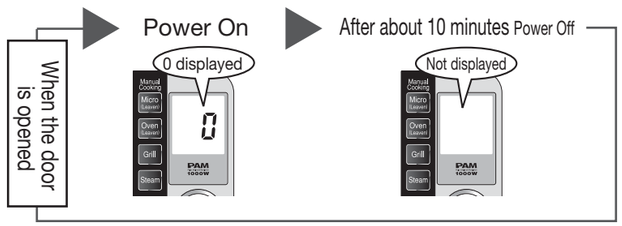
How to Turn On the Power

The power turns on when the door is opened (0 is displayed in the display area).

● To save power when the oven is not in use, the power will not turn on when you simply insert the power plug into an outlet.

● When the door is opened once, the power turns on. The lights light up on the LCD display and 0 is displayed in the display area.

● When the oven is left as-is with the power On, the power turns off automatically after about 10 minutes.
(Standby Power Zero Watt Function)

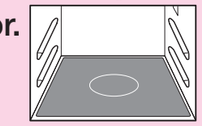


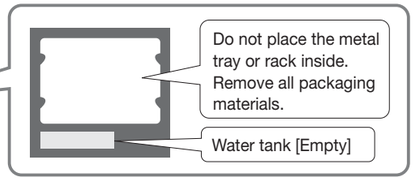
How to Run the Oven Empty (Deodorizing) 28 Deodorizing

- The walls of the oven cavity are coated with oil to prevent rusting. When you use the oven for the first time, run the oven empty (deodorize) to burn off the oil by following the steps below.
- Remove all packaging before you use the oven.
- The heater (oven heating) is used for running the oven empty (deodorizing), so the main unit becomes hot.

Preparation

Empty the oven cavity and close the door.



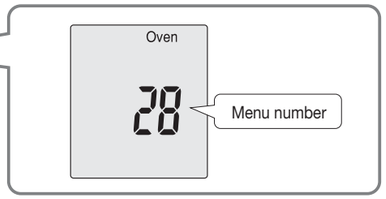


1 Run the oven empty (deodorizing).

Press Cleaning Deodorizing twice, and select 28 Deodorizing.

Each time you push the button, you can make selections in the order 27 Cleaning ▶ 28 Deodorizing ▶ 27 Cleaning.

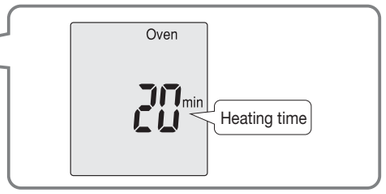
- Run the oven empty (deodorizing) using heater (oven heating). The heating time is 20 minutes.



2 Press Start Reheat to start.

When the procedure is complete, a beep will sound.

- After the oven finishes running empty, the fan spins in order to cool the oven.
- I After you finish running the oven empty, do not cook food right away. Use the oven after the oven cavity has cooled down.



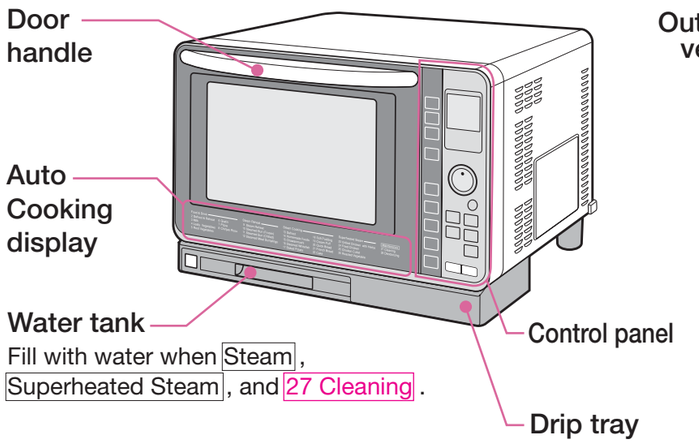
⚠ CAUTION

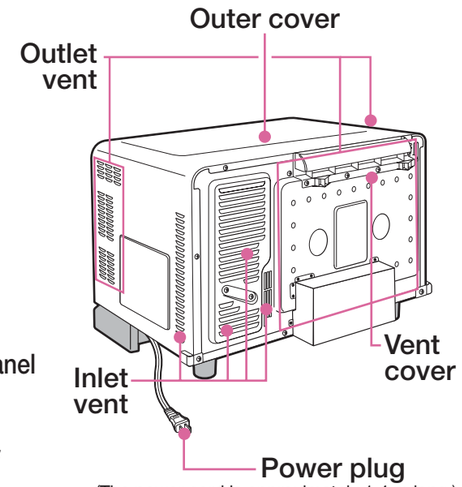
Will result in burns, injury, and fire.

Do not touch

- When you run the oven empty (deodorizing), during the heating and also for some time after the process is complete, do not touch the main unit (door, outer cover, oven cavity, and surroundings).
- When you run the oven empty (deodorizing), do not place anything in the oven cavity.
- When you run the oven empty (deodorizing), there may be a smell of burning oil, or there may be smoke. Open a window or ventilate the area using a fan.
- Small animals such as birds that are sensitive to smoke or odors should be moved to a different room.
- Use after the oven cavity has cooled down.

Part Names / Control Panel / Accessories





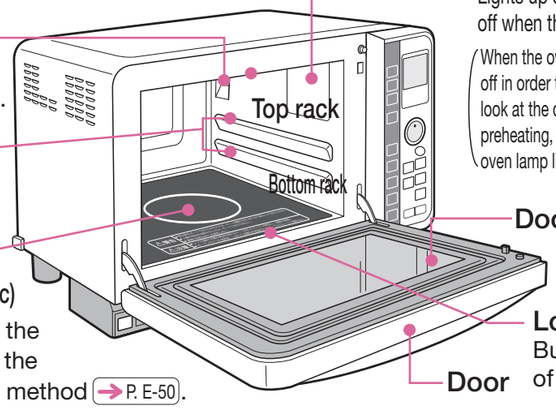
(The power cord is approximately 1.4 m long.)

Upper heater
Built into the ceiling of the oven cavity.

Infrared sensor
Do not put your finger or objects in the sensor area.

Tray rack
Set the metal tray on the top rack or bottom rack

Ceramic tray
(Made of heat-resistant ceramic)
Installed on the bottom of the oven cavity; place food in the center to heat it. Cleaning method →P. E-50.
● The warning is printed, and so it cannot be removed.



Oven lamp
Lights up during heating, and turns off when the door is opened.

When the oven is preheating, the lamp is turned off in order to save energy. When you want to look at the oven cavity (inside the oven) during preheating, press the Start Reheat button. The oven lamp lights up for about five seconds.

Door Glass

Lower Heater
Built into the bottom of the oven cavity.

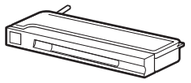
Door

Steam boiler
Boiler for heating water to make steam. It is built into the main unit.

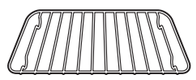
Accessories

■ Metal tray
(Made from porcelain enamel)

■ Water tank



■ Rack



■ Cooking Guide (this document)

Control Panel Functions

Food & Drink		Steam Reheat	Steam Cooking		Superheated Steam		Maintenance
2 Defrost & Reheat	6 Gratin	9 Steam Reheat	13 Defrost	18 Soft Pudding	23 Grilled Chicken with Herbs		27 Cleaning
3 Milk	7 Pizza	10 Steamed Bun (Chilled)	14 Homemade Foods	19 Cream Puff	24 Fried Chicken		28 Deodorizing
4 Leafy Vegetables	8 Chinjao Rosu	11 Steamed Bun (Frozen)	15 Chawanmushi	20 Quick Bread	25 Chicken Cutlet		
5 Root Vegetables		12 Steamed Meat Dumplings	16 Steamed Whitefish	21 French Bread	26 Roasted Vegetable		
			17 Baked Potato	22 Cake			

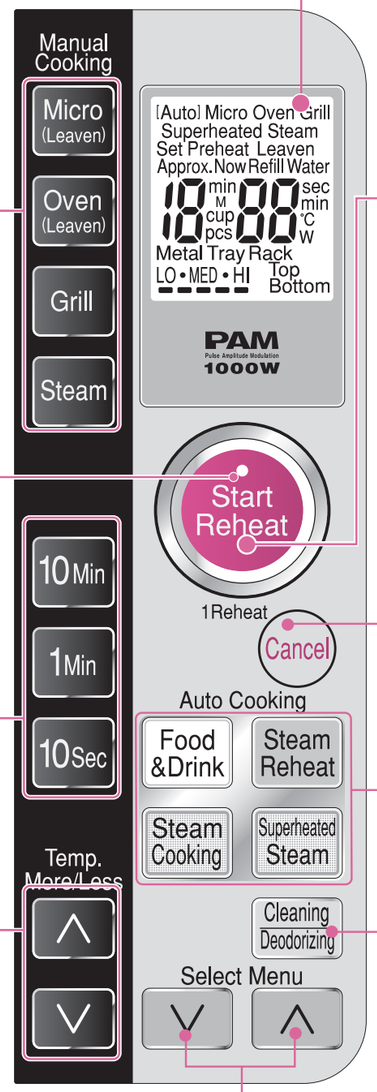
Auto Cooking Display
The menu options that can be selected with Auto Cooking, along with their numbers, are displayed on the front of the door.

Use Manual Cooking
Select according to the heating type when you cook using Manual Cooking.

Reheat start lamp
Blinks during Auto Cooking and Manual Cooking to notify you to press the Start Reheat button and start reheating.
(Turns off when heating starts.)

Set the time
Specify the time for Manual Cooking.

Select the temperature or doneness
Specify settings for doneness in Auto Cooking and temperature for Manual Cooking.



Display area
Displays the specified settings and operation status. (The image below shows all the display items lit up.)

Start heating
Start operations such as Auto Cooking and Manual Cooking.

Cancel
Cancel cooking settings and operations.

Use Auto Cooking
Press the button to select the type of Auto Cooking.

Maintaining your oven
Makes it easy to clean the oven cavity and reduce odors.

Select a menu option
Set the menu number for Auto Cooking.

• About PAM1000W
High-frequency 1000W output is a short-term (maximum three minutes) high-output feature. It functions only for certain menu options such as 1 Reheat in Auto Cooking.

• For Auto Cooking, is shown in the display area immediately after starting, depending on the menu option.

Safety Precautions

This product is for general household use. It is not intended for industrial use.

IMPORTANT SAFETY INSTRUCTIONS: READ CAREFULLY AND KEEP FOR FUTURE REFERENCE.
Precautions that should be observed to avoid physical harm and property damage are explained below based on the following categories. Carefully read the precautions in this text, and be sure to use the product properly.

■ Harm and damage that occur when the product is used improperly are explained based on categories that correspond to the extent of such harm and damage.

⚠ DANGER	Matters involving a particularly high risk of death or serious injury.
⚠ WARNING	Matters involving a risk of death or serious injury.
⚠ CAUTION	Matters involving a risk of injury or physical damage.

■ Matters that should be observed are explained based on the following categories of symbols.

⚠	Matters involving a warning or caution.
🚫	Prohibited matters, which must not be done.
❗	Matters involving instructions that must be carried out.

The product contains high-pressure parts.

⚠ DANGER

Do not disassemble.

Do not remodel
Must not be repaired or disassembled by anyone other than a repair technician (service staff).
Will result in fire, electrical shock, and injury.

It is hazardous for anyone other than a competent person to carry out any service or repair operation that involves the removal of a cover which gives protection against exposure to microwave oven.

Do not insert your finger or any objects in any of the holes or gaps in the oven, such as the inlet vent, outlet vent, or water tank storage areas (be particularly careful about children's mischief and the like).
Will result in fire, electrical shock, and injury.

If a foreign object gets into the main unit, pull out the power plug and consult with the Service Center.

Power plugs, power cords, outlets

⚠ WARNING

No wet hands

Do not plug in or pull out the power plug with wet hands.
May cause electrical shock.

Do not use damaged or loose outlets.
Will result in electrical shock, ignition, and fire.
If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified person in order to avoid a hazard.

For the power supply, use a dedicated outlet.
If the outlet is shared with another device, the outlet may become abnormally heated, resulting in ignition.

Do not use multiple leads or extension cords.

Do not damage power plugs or power cords.
Will result in electrical shock, ignition, and fire.

Examples of handling that may cause damage to power cords:
- Altering
- Forced bending
- Pulling
- Twisting
- Tying in a bundle
- Placing something heavy on top
- Pushing the cord under or between other objects

Be sure to completely remove dust from the power plug (particularly the prongs and the section where the prongs are attached).
Moisture becomes trapped in the dust, which weakens electrical insulation, resulting in fire.

Pull out the power plug

When you will not use the product for a long period of time, remove the power plug from the outlet.
Electrical insulation becomes weakened, resulting in electrical leakage, electrical shock, or fire.

⚠ CAUTION

Do not place the power cord near high temperature areas such as the outlet vent.
The power cord will be damaged.

When pulling out the power plug, do not pull on the power cord.
The cord will break, resulting in ignition.
Grasp the power plug and then pull it out.

Installation

⚠ WARNING

Do not use this product in the following kinds of locations:
- Locations that are within reach of an infant.
  Will result in accident, burns, and injury.
- Near flammable items such as curtains and spray cans.
- On top of materials that are weak with respect to heat, such as carpets, tablecloths, and the like.

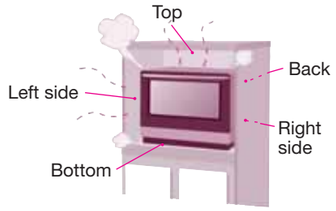
Will result in ignition due to high temperatures while heating the oven or grill.

Do not place anything on top of the main unit.
When the oven or grill is being heated, the temperature rises and objects on top may become overheated and burn or be deformed.

Remove all packaging materials from the product and its accessories, and store the plastic bags in a location out of reach of an infant, or dispose of such bags.
Packaging materials may ignite, and plastic bags may cause a choking hazard.

⚠ CAUTION

Do not install the oven such that the five sides (top, left side, right side, back, bottom) are covered.
Even if there is space around the product, leave open one of the top, left side, right side, or back.

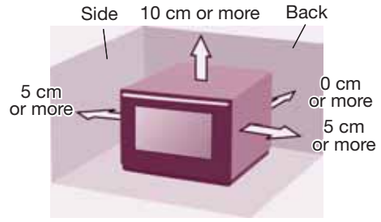


Do not use this product near areas with water or flames/heat, such as a sink or stove.
Will cause electrical shock, electrical leakage, or ignition.

Install the oven in an even, sturdy location.
Installation in an unstable location will result in vibrations and noise, and the product may fall.

Be sure to leave at least the distance indicated in the chart below between the main unit and a wall or the like.
Unless there is sufficient space between the main unit and a wall or the like, the wall or other objects in the vicinity of where the main unit is placed will overheat, leading to discoloration, deformation, or ignition.

Position	Top	Bottom	Left	Right	Front	Back
Distance (cm)	10	0	5	5	Open	0



To Protect Your Surroundings
Set this product up in a location where its surroundings do not include walls or furniture that are weak with respect to heat, and where there are no electrical outlets near the exhaust vent.
If you install this product in a location where the back is facing glass, leave 20 cm or more between the glass and the back of the oven, as the glass could crack due to temperature differences.
Even if the distance indicated in the table and diagram is maintained, condensation or soiling may occur due to the exhaust air from the oven. Soiling and condensation can be reduced either by leaving more space between the oven and the wall or the like, or by affixing aluminum foil to the wall.

Safety Precautions (Continued)

⚠WARNING

This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Children should be supervised to ensure that they do not play with the appliance.

Do not use this oven for purposes other than cooking.
Will result in burns, injury, or fire.

Only allow children to use the oven without supervision when adequate instructions have been given so that child is able to use the oven in a safe way and understands the hazards of improper use.

If the surface is cracked, switch off the appliance to avoid the possibility of electric shock.

During use the appliance becomes hot. Care should be taken to avoid touching heating elements inside the oven.

⚠CAUTION

Do not cook food if there is an object stuck between the oven door and the body of the oven.
Will result in injury, burns, ignition, or fire due to microwave leakage and heat leakage.

Do not use the oven if the main unit has turned over or has been dropped.
Will result in microwave leakage, heat leakage, electrical shock, or burns.
If the door or door seals are damaged, do not use the oven until repairs are performed by a repair technician.

Do not cook food if there are scraps of food on the wall of the oven cavity or on the ceramic tray.
Will result in ignition or fire.

Do not use excessive force when you place containers on the ceramic tray, and do not drop the ceramic tray.
This may cause the ceramic tray to crack or break, and will lead to malfunctions if the ceramic tray is used in such a condition. Do not use the ceramic tray if it is cracked or broken. Ask the Service Center to inspect the ceramic tray.

Do not cover the inlet vent or outlet vent.
Will result in ignition or fires.

Do not spill water onto the main unit.
If water is accidentally spilled onto the oven, ask the Service Center to inspect the oven.

Do not apply excessive force to the door, and do not sit or stand on the main unit.
The door will become misshapen, leading to injury and burns resulting from microwave leakage or heat leakage.

During Cooking and After Cooking (Including 27 Cleaning and running the microwave oven empty (28 Deodorizing))

⚠WARNING

Press the Cancel button to cancel cooking.
Pulling out the power plug first will result in fire or electrical shock.

⚠CAUTION

When opening the door, do not peek inside.
Will result in burns due to hot air and water vapor.

Do not spill water on the high-temperature glass door or ceramic tray.
This may result in cracking.

Do not directly touch the outer cover, door, oven cavity, ceramic tray, metal trays, or rack, as they will be very hot.
Will result in injury or burns.
Do not touch

Use a thick, dry dishcloth or a commercially available oven mitt when you place food, containers, or accessories into the oven, or when you take them out.
Directly touching the food and so on will result in burns or injury.

If the food inside the oven cavity starts to burn, or smoke is observed, keep the door closed.
The food may burst into flames.
1. Press the Cancel button immediately, stop the oven, and pull out the power plug.
2. Move flammable objects far away from the main unit, and wait until the fire dies down. If the fire shows no sign of dying down, use water or a fire extinguisher to put out the fire.

After the fire is extinguished, do not use the oven as it is. Ask the Service Center to inspect the oven.

Be sure not to catch your fingers in the door when opening and closing the door.
Will result in burns or injury.

Auto Cooking (Reheating) and Manual Cooking (Microwave Heating)

⚠WARNING

Do not heat anything other than food.
The microwave oven is intended for heating food and beverages. Drying of food or clothing and heating of warming pads, slippers, sponges, damp cloth and similar may lead to risk of injury, ignition or fire.
Do not heat store-bought microwavable hot water bottles, baby bottles (sterilizer bags), and so on.

Liquids and other foods must not be heated in sealed containers since they are liable to explode.
Do not heat under the following kinds of conditions.
Will result in burns, injury, and fire.
- When a freshness enhancer (deoxidant) is attached to the packaging or food.
- When labels or tape are attached to the packaging or food.
- When a lid or stopper is still on a bottle or container.
- When canned food is left in its can.
- When store-bought boil-in-the-bag food remains in its pouch.

Do not heat raw eggs, boiled eggs (both with/without the shell), or fried eggs.
- When heating eggs, beat the eggs before heating. Otherwise, the eggs may burst and damage the ceramic tray or glass door.
- Eggs in their shell and whole hard-boiled eggs should not be stilled or shaken and the since they explode, even after microwave heating has ended.

Do not heat beverages or juices using 1 Reheat.
They may overheat, resulting in boiling, or sudden boiling.
- Heat milk, coffee, tea, water, and the like using 3 Milk.

When heating food in plastic or paper containers, keep eye on the oven due to the possibility of ignition.

Do the following to make sure that you do not overheat foods.
Will result in ignition
Will result in sudden boiling during heating or after heating, and spattering, burns, injury, and damage to the ceramic tray
- For small amounts (less than 100 g) of food, use Manual Cooking and Microwave 600W or less, set the heating time to 20–50 seconds, and keep an eye on the food as it cooks.
- When you use Auto Cooking, heat food according to the content of this manual, for example with regard to the amount of food and containers to use, and so on. ➔P. E-39
  - Heat small quantities of food (less than 100 g) using Manual Cooking, and keep an eye on the food as it cooks.
  - When heating, use a container that weighs about the same as the quantity of food.
- Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handling the container.

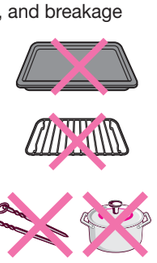
Stir the following foods and so on before and after heating.
When you remove food from the oven cavity, take the food out slowly.
Will result in sudden boiling during heating or after heating, and spattering, burns, injury, and damage to the ceramic tray.
- Beverages (water, milk, coffee, soy milk, and the like).
- Food that has a certain thickness (curry, stew, and the like).
- Food with a high oil and fat content (cream, butter, and the like).

Heat foods with shells or membranes only after splitting or slitting the shell or membrane.
Will burst, resulting in burns and injury.

⚠CAUTION

Do not heat the oven without putting any food in the oven cavity.
Will result in malfunctions and ignition.

Do not use the metal products noted below.
Will result in malfunctions, ignition, and breakage of glass due to sparks.
- Optional metal tray, rack (with the exception of some Auto Cooking menu options).
- Metallic skewers or metallic food preparation tools.
- Aluminum foil.
- Plastic containers with aluminum-treated surfaces, and the like.



Do not heat baby milk and baby food using Auto Cooking.
Use Manual Cooking to heat milk or baby food, and keep an eye on it as it cooks.

Heat store-bought baby food after transferring it to a separate container.
The contents of feeding bottles and baby food jars shall be stirred or shaken and the temperature checked before consumption, in order to avoid burns.

Slowly remove coverings such as plastic wrap and the like.
Steam will pour out as soon as you remove the wrapping, resulting in burns.

Water Tank

Safety Precautions (Continued)

⚠ CAUTION

Do not put anything other than water in the water tank.
If alcohol or the like is used in the tank, this will result in ignition.

Do not wash or dry the water tank using a dishwasher or dish dryer.
Will result in damage and deformation.

Fill the tank with fresh water for each use.
Using stale water will result in sanitary problems.

Wash the water tank frequently, and keep it clean.
Not washing the water tank will result in sanitary problems.

Do not use the water tank if it is broken.
Water will leak, resulting in malfunctions.

Do not put the water tank in a location that can become heated, such as near a stove or on top of the oven.
Oven and grill heating will make the main unit high in temperature, resulting in damage or deformation.

Do not place the water tank in hot water or scald the water tank.
Will result in damage and deformation.

Maintaining Your Oven

⚠ WARNING

Perform oven maintenance after you pull out the power plug.
If the power plug remains plugged in, this will result in electric shock.

Perform maintenance of your oven after all the parts of the main unit, accessories, and so on have cooled down.
If the oven, accessories, and so on are hot, this will result in burns.

Abnormalities and Troubleshooting

⚠ WARNING

Press the Cancel button immediately and stop using the oven.
Will result in fires, electric shock, and injury.
Pull out the power plug from the outlet immediately, and ask the Service Center to inspect or repair the oven.

Examples of abnormalities/troubleshooting:
- The power cord and power plug are abnormally hot.
- There is a burning smell.
- There is abnormal noise.
- There are sparks.
- There is a tingling sensation like an electric shock when you touch the main unit.
- The door has become significantly misshapen or deformed.
- Sometimes heating does not end automatically.

Reminders

- Leave a distance of 3 m or more between the main unit and radios, televisions, wireless equipment (wireless LAN), and antenna wires.
  Will cause disruptions in the sound and picture, as well as communication errors.
- When there is a danger of lightning strikes, pull out the power plug from the outlet.
  Will cause malfunctions.

How Heating Works

There are eight different heating methods.

Microwave oven

Heats foods using microwaves (high frequency radio waves).
Microwaves have the following three properties:

Foods that contain moisture absorb microwaves.

Microwaves pass through containers made of glass and ceramic.

Metal reflects microwaves.

Microwaves that are absorbed by food excite the movement of water molecules, and this generates heat.
The food heats up quickly due to this frictional heat.

Features of Microwave Heating

Speedy and economical.

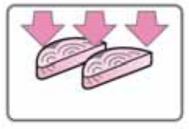
Because water is not used, nutrients are preserved.

Color, shape, and taste are preserved.

Food can be heated even after it is arranged.

Grill

Food is heated by the upper heater, browning the food and making the inside soft.

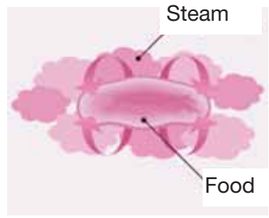


Oven

The temperature inside the oven cavity is maintained uniformly by the upper and lower heaters, baking food in a way where it is completely enveloped.

Steam + Microwave / Steam + Grill / Steam + Oven

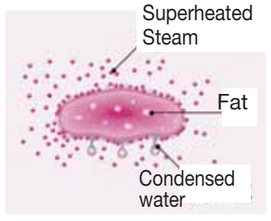
The oven cavity is filled with steam (water vapor around 100°C), and food is heated in conjunction with the microwave oven, grill, or oven. Moisture is added to the food, which makes it tender.



Superheated Steam + Grill / Superheated Steam + Oven

Food is heated by filling the oven cavity with superheated steam and also by using the grill or oven at the same time. Excess fat from meat and salt from fish are removed together with condensed water, making the food healthy.

- Heating method for Auto Cooking only. Cannot be set for Manual Cooking.



How to Use Accessories

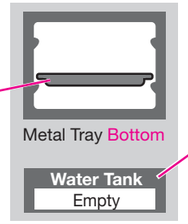
Accessories Used with Auto Cooking

● The accessories used differ depending on the menu option. Follow the operation procedures and illustrations in the recipes section to properly use the accessories.

How to Look at the Illustrations of Accessories

Example of accessories used

Place the metal tray in the bottom rack.



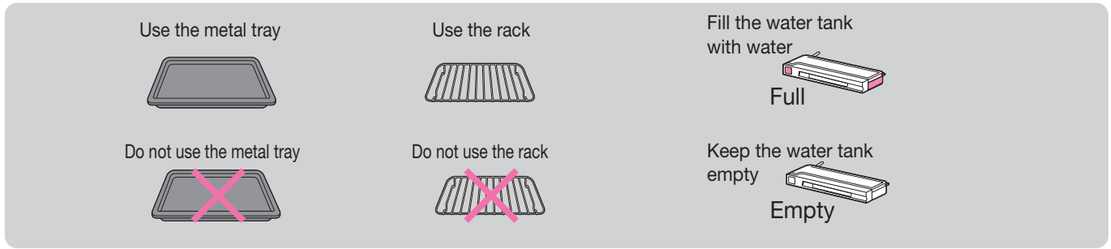
Example: Using the metal tray

Conditions of water tank

Insert the water tank into the main unit without filling it with water.
(Full means that the water tank must be filled with water and then inserted into the main unit.)

	Menu category	Reference page		Use of accessories		
		Procedure	How to use/tips	Metal tray	Rack	Water tank
Reheat	1 Reheat	→P. E-22	→P. E-23	✕	✕	Empty
Food & Drink	2 Defrost & Reheat	→P. E-24	→P. E-25	✕	✕	Empty
	3 Milk	→P. E-26	→P. E-27			
	4 Leafy Vegetables	→P. E-30	→P. E-31			
	5 Root Vegetables	→P. E-30	→P. E-31			
	6 Gratin	→P. E-34	→P. E-72		✕	Empty
	7 Pizza	→P. E-37	→P. E-73		✕	Full
	8 Chinjao Rosu	→P. E-34	→P. E-67	✕	✕	Empty
Steam Reheat	9 Steam Reheat	→P. E-28	→P. E-29, E-60	✕	✕	Full
	10 Steamed Bun (Chilled)	→P. E-28	→P. E-61			
	11 Steamed Bum (Frozen)	→P. E-28	→P. E-61			
	12 Steamed Meat Dumplings	→P. E-28	→P. E-61			
Steam Cooking	13 Defrost	→P. E-32	→P. E-33	✕	✕	Full
	14 Homemade Foods	→P. E-35	→P. E-74, E-75	✕	✕	Full

● In Auto Cooking, the microwave oven output, oven/grill temperature, and time are all automatically controlled, and so the accessories listed on are used rather than those listed for Manual Cooking. →P. E-16



	Menu category	Reference page		Use of accessories		
		Procedure	How to use/tips	Metal tray	Rack	Water tank
Steam Cooking	15 Chawanmushi	→P. E-35	→P. E-69			
	16 Steamed Whitefish	→P. E-35	→P E-68			
	17 Baked Potato	→P. E-35	→P. E-62			
	18 Soft Pudding	→P. E-35	→P. E-79			
	19 Cream Puff	→P. E-37	→P. E-80			
	20 Quick Bread	→P. E-35	→P. E-84			
	21 French Bread	→P. E-37	→P. E-82			
	22 Cake	→P. E-35	→P. E-76			
Superheated Steam	23 Grilled Chicken with Herbs	→P. E-36	→P. E-64			
	24 Fried Chicken	→P. E-36	→P. E-66			
	25 Chicken Cutlet	→P. E-36	→P. E-66			
	26 Roasted Vegetable	→P. E-36	→P. E-63	✕	✕	Full
Cleaning/Deodorizing	27 Cleaning	→P. E-51	———	✕	✕	Full
	28 Deodorizing	→P. E-5	———	✕	✕	Empty

Accessories Used in Manual Cooking

		Water tank	Metal tray	Rack
Microwave Heating	Microwave	Empty — Do not fill with water. Insert the empty water tank into the main unit.	Cannot be used. Will cause sparks in the area between the metal tray and tray rack, resulting in damage.	Cannot be used. Will cause sparks in the area between the rack, resulting in damage.
	Steam Microwave	Full — Fill the water tank with water until it is full, and insert it into the main unit.		
Grill Heating	Oven	Empty — Do not fill with water. Insert the empty water tank into the main unit.	Can be used.	Can be used.
	Steam Oven	Full — Fill the water tank with water until it is full, and insert it into the main unit.		
Oven Heating	Grill	Empty — Do not fill with water. Insert the empty water tank into the main unit.		
	Steam Grill	Full — Fill the water tank with water until it is full, and insert it into the main unit.		

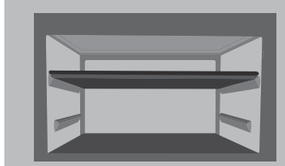
Use with Auto Cooking

Unlike Manual Cooking as described above, with Auto Cooking, because the microwave output and oven or grill temperature are automatically controlled, you can use an accessory indicated in the Auto Cooking list in this manual. →P. E-14, E-15

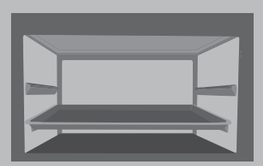
Use the metal tray and rack; correctly place them on the top or bottom rack, referring to the illustrations below.

Examples of how to use the metal tray and rack

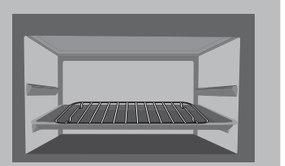
Top rack



Bottom rack



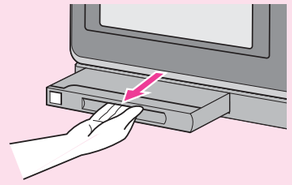
Metal tray (bottom rack) and rack



How to Use the Water Tank (Insert into the Main Unit when using steam function)

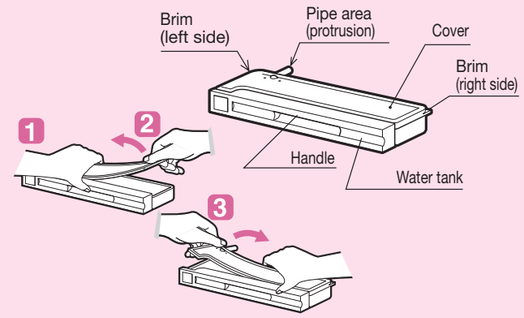
How to Remove

Remove from the main unit
Grasp the water tank with your fingers as shown, and pull it out horizontally.



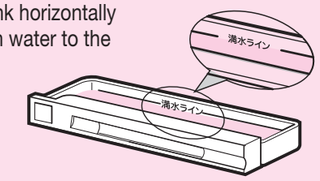
How to remove the water tank cover

1. Lightly grasp the body of the water tank, but make sure you do not touch the pipe area.
2. Using your fingers, push up right side of the brim of the cover, and lift up the entire right side.
3. Using your fingers, push up the left side of the brim, lift up the entire left side, and remove the cover.



How to Fill With Water

1. Keep the water tank horizontally level, and fill it with water to the full line.



2. Hold down the edges and securely shut the lid.
   • When the water tank is tilted, water may spill. When you handle the water tank, be sure to keep it level.

Insert into the Main Unit

Hold the water tank horizontally level, insert it into the main unit, and push it in securely towards the back.

• If the water tank is not inserted securely, water may leak or there may not be enough steam.

⚠CAUTION

(Will result in deformation and damage)

● **Do not fill the water tank with anything other than water.**
(Filling the water tank with alcohol and the like may result in ignition.)

(Will result in health concerns)

● **Fill the water tank with fresh water for each use.**
(The water turns into water vapor and directly contacts food. For sanitary purposes, use fresh water.)

(Will result in burns)

When steam and superheated steam are used in conjunction with the oven or grill, be careful: the water that remains in the water tank will be hot.

Reminder

●Do not use the water tank in environments at or below 5°C.
(Steam and superheated steam cooking will not cook food well.)

●For the water, use distilled water or soft mineral water. When you use the following types of water, wash the water tank every time you use it, as it is easy for mold and bacteria to develop.

• Tap water
• Ionized alkaline water
• Mineral water
• Well water

●After steam cooking is complete, clean the water tank and drain the water from the pipe.
If it is used without being cleaned, mold and bacteria will reproduce easily. →P. E-50, E-51

●When you use steam and superheated steam, fill the water tank with water up to the full line, and securely insert the water tank into the main unit. When the amount of water becomes low, or the water tank is inserted only halfway, Refill Water is displayed, the steam stops, and the food is not cooked well. →P. E-57

●When you are not using the water tank, leave it empty and installed in the main unit.

Useable and Unusable Containers

(Only use utensils that are suitable for use in microwave ovens.)

○ Useable.
× Unusable.

- Do not make any mistakes selecting microwave heating, oven heating, or grill heating. If you make a mistake in your selection, the food or container may give off smoke or ignite. Before you start heating, check the type of heating selected.
- For plastics, refer to the upper temperature limit label.
- Do not use any containers for which the materials or upper temperature limit is unclear.

	Plastic Containers		Ceramics/Porcelain		Glass containers		Others		
	Heat-resistant plastic containers Made of polypropylene and the like	Other plastic containers	Heat-resistant ceramics/porcelain Cocottes, gratin dishes, and the like	Ordinary ceramic/porcelain Bowls, plates, and the like	Heat-resistant glass containers	Non-heat-resistant glass containers Tempered glass Crystal glass Cut glass and the like	Plastic Wrap	Metal containers, metal skewers, aluminum foil, and the like	Bamboo, wood, wicker, or paper containers, or varnished and lacquered containers and the like.
Microwave Oven	○ Use plastic containers with an upper temperature limit of 140°C or higher, that are indicated as being microwave-safe. However, with foods containing sugar, butter, and oil, which become high in temperature, plastic containers become deformed and cannot be used.	× Containers with an upper temperature limit of 140°C or lower (polyurethane, styrol resin, and the like), and containers that have a high upper temperature limit but whose properties are transformed on exposure to microwaves (melamine, phenol, urea resin, aluminum, and the like), cannot be used. However, polystyrene foam trays can be used, but only for 13 Defrost.	○ Use containers that are indicated as being microwave-safe.	○ However, with bowls and the like having overglaze enamel decorations, patterns of cracks in the glaze, or gold/silver designs, the dish may be damaged or it may cause sparks, and these kinds of containers cannot be used. In addition, bowls, dishes, and the like, such as unglazed ceramics, that have a high water absorption rate, and ceramics/porcelain that have been immersed in water for a long period of time, may become hot, and must be handled with care.	○ Use containers that are indicated as being microwave-safe. However, glass containers may break if cooled rapidly after heating.	× Cannot be used, as they reflect microwaves. However, aluminum foil can be used in part, for example by making use of the fact that it reflects microwaves to cover areas that are overheated. Be careful when you do this, because there will be sparks if aluminum foil touches the oven cavity walls or glass door, which may result in damage and malfunctions.	× Cannot be used, as such containers may burn, peel, or crack. In particular, containers and the like that contain wires are easily flammable. Uses of bamboo skewers, toothpicks, and paper are limited to the methods listed in the Recipes section.
Oven / Grill	× However, containers indicated as being grill-safe or oven-safe can be used.	×	○ Use containers that are indicated as being oven-safe.	×	○ Use containers that are indicated as being oven-safe. However, glass containers may break if cooled rapidly after heating.	×	× However, plastic wrap can be used for leavening.	○ Use containers that are indicated as being oven-safe. However, containers and the like with plastic handles cannot be used.	× However, parchment paper and paper products that have undergone heat-resistance processing can be used.

Tips for Using the Oven Efficiently

Amount of Food and Size/Weight of Containers

	Amount of food	Size/weight of containers
Reheat	Less than 100 g (With Manual Cooking) 100 g–600 g (With Auto Cooking or Manual Cooking)	The food should fill about 70–80% of the container. The weight of the container should be about the same as the amount of food.
Cook	Auto Cooking: Food &Drink, Steam Reheat, Steam Cooking, Superheated Steam Manual Cooking: Micro (Leaven), Oven (Leaven), Grill	For Auto Cooking and Manual Cooking, use the amounts of food and containers described in this manual. For the amounts of food and appropriate containers, refer to the relevant pages in this manual.

Where to Place the Food

■ Place the food in a central position. If you heat two or more items, arrange them in the center.

• The temperature is measured in the central portion of the ceramic tray, and so when food is placed on the edge, it is not possible to measure the temperature of the food correctly. This will result in the food being overheated, and uneven heating.

Reheating Two or More Pieces of Food at the Same Time

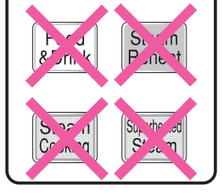
■ Make the amounts about the same and place them around the center.

■ Food cannot be cooked efficiently if different containers or foods are used.

■ Heat different foods using Manual Cooking (microwave heating), and check on the food while it is heating.

→P. E-38

■ Auto Cooking cannot be used for heating different foods at the same time.



Adjusting Doneness in Auto Cooking

■ Doneness Adjustment (adjustment of reheating and cooking doneness) is automatically set to MED but you can adjust it as you prefer.

To adjust, press Start/Reheat before you press Temp. More/Less ∧ ∨, and specify the desired display, from HI to LO.

• For 3 Milk, the previous time's doneness setting is recorded.

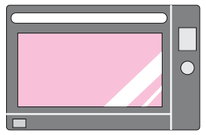
■ For 1 Reheat only, the doneness can be adjusted after you press Start/Reheat.

• Depending on the menu option, you can adjust the doneness to one of five levels (HI, M-HI, MED, M-LO, or LO) or to one of three levels (HI, MED, or LO).

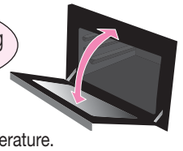
Checking Doneness During Cooking

■ As much as possible, avoid opening and closing the door during cooking. If you open and close the door, try to take a short time.

Check from outside the door.



Take a short time opening and closing the door.



• So as not to lower the temperature.
• When the door is opened, cooking is suspended.

Additional Heating After Auto Cooking

■ Perform additional heating using Manual Cooking, and keep an eye on the food as it cooks.

Auto Cooking: Food &Drink, Steam Reheat, Steam Cooking, Superheated Steam → Complete

In the following cases:
- When you want to heat a little more.
- When you want to grill a little more.

Micro (Leaven), Oven (Leaven), Grill

Use Manual Cooking for additionally heating food, and keep an eye on the food as it cooks.

Removing Food (Containers) and Accessories After Cooking

⚠ CAUTION

(Will result in burns)

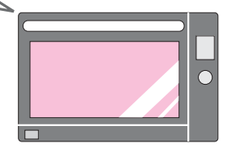
During cooking and after cooking is complete, the food, container, and various parts of the oven such as the accessories, oven cavity, door, and so on may be hot. Be careful when you take the food and the like out of the oven.

■ After cooking is complete, take the food out of the oven as soon as possible.

• The doneness may change due to residual heat.

To make sure you do not forget to remove the food, three beeps will sound every minute from the time when cooking is completed until the door is opened. (Removal Reminder Sound)

Remove after you hear the cooking completion sound.



• After using oven and grill cooking, when you remove the metal tray, hold onto the middle section with both hands using a thick, dry dishcloth or oven mitts.

Switching the Completion Sound (Melody)

■ The completion sound (melody) can be changed to a buzzer sound or no sound.

Melody ▶ Buzzer ▶ No sound

Open and close the door to show 0 in the display area

Press Temp. More/Less ∨ for three seconds

Switching between the melody sound and buzzer sound is complete.
In the same manner, you can switch between the buzzer sound and no sound.

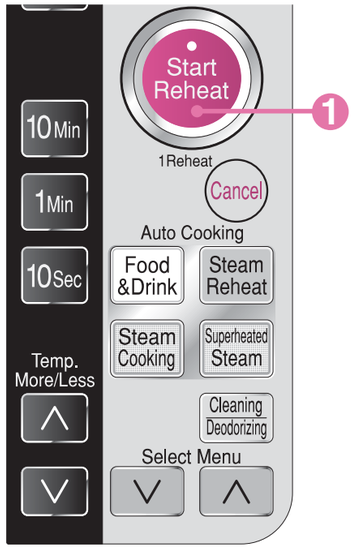
The buzzer beeps and 0 is shown in the display area when the switch is complete.

• In addition, you can use the same procedure to restore the melody sound from no sound.
• When No Sound is set, the Removal Reminder Sound and operation sounds are silent.

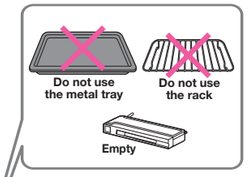
Auto Cooking (Reheat)

Reheating Rice and Side Dishes 1 Reheat

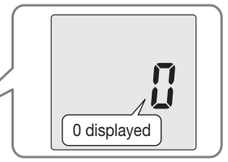
Reheats room-temperature food and chilled food.
Use 3 Milk to reheat milk, coffee, water, tea, and soy milk. →P. E-26
Use Manual Cooking (microwave heating) for other beverages. →P. E-38, E-39, E-49
Frozen foods (home freezing) are reheated using 2 Defrost & Reheat. →P. E-24–E-25



Note The power turns on when the door is opened.



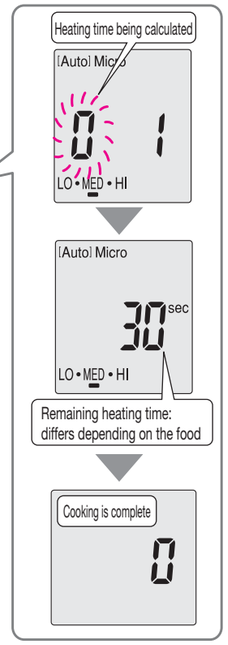
Preparation Place the container or plate of food in the center of the ceramic tray, and close the door.



1 Press Start Reheat and start.

1 Reheat (Room temperature and chilled foods)

● Menu number 1 is displayed, and heating starts automatically.



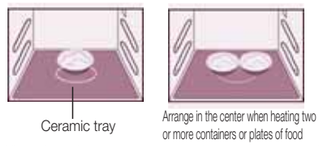
To adjust doneness
(Adjust before the heating time is displayed.)
Adjustment is possible when 0 is shown in the display area.

When you hear the completion sound, remove the food.
The oven lamp turns off, 0 is displayed, and heating ends.

Doneness
LO • MED • HI
Mark
(LO) (M-LO) (MED) (M-HI) (HI)

■How to adjust doneness
Doneness is automatically set to MED (Standard). To adjust the doneness, press Temp. More/Less before the heating time is displayed, and set the mark to the desired position between HI and LO.

How to place the food
● Place in the center of the ceramic tray



• When food is placed on the edge, or when small amounts of food are heated, it is not possible to measure the temperature of the food correctly. This may result in the food being overheated, uneven heating, smoke, and ignition.

● Press 1 Reheat within about 10 minutes after closing the door (while 0 is shown in the display area). When about 10 minutes have passed after opening and closing the door, reheating will not start. Open and close the door and press the button.
● If the food is lukewarm when done, perform additional heating using Microwave 600W →P. E-38 and check on the food while it is heating. When Auto Cooking is used for additional heating of food, the food will be overheated.
● Do not use the metal tray or rack, as this will cause sparks.

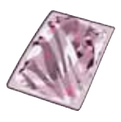
Reheat the following foods using Manual Cooking and keep an eye on the food as it cooks →P. E-38, E-39

● Food that weighs less than 100 g

● Steamed buns

● Bread

● Frozen vegetables



● Baby milk, baby food

• Transfer to a separate container.

● Store-bought cooked food

• Transfer to a separate container.

Foods That Can Be Reheated, and How to Reheat Them Skillfully Auto Cooking 1 Reheat

■ With store-bought side dishes or home-cooked food, try to make the weight of the food and the weight of the container about the same.
■ The rough target for the amount of food to reheat at one time using Auto Cooking is one to two servings. (The rough target for the weight of the food and container combined is up to 1,200 g.)
■ The temperature of the food should be approximately 20°C for room-temperature food, and 0–10°C for chilled food.

This symbol indicates that the food should be covered with plastic wrap.

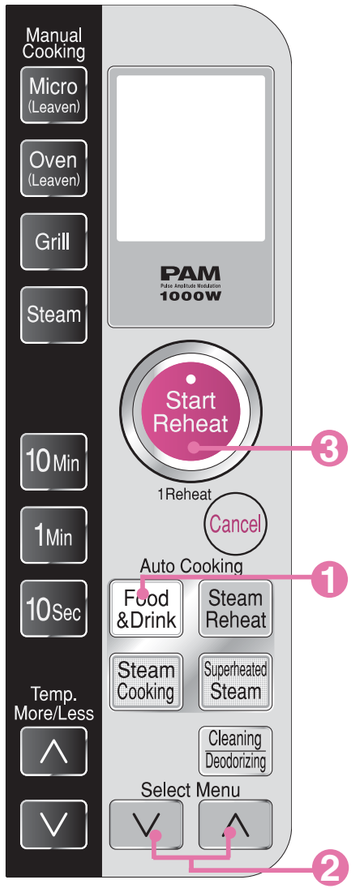
		Reheat room-temperature and chilled food Auto Cooking 1 Reheat Start Reheat — Press once
Rice		**Rice** Heat with the doneness adjustment at M-LO. **Fried Rice / Pilaf** Mix after heating.
Noodles		**Spaghetti / Yakisoba (Japanese style fried noodles)** Place on a dish. Mix after heating.
Grilled Food		**Grilled Fish** Cover, as the food may spatter.
		Hamburg Steak Cover with sauce after heating, as the sauce may spatter. **Skewered Chicken / Grilled Meat** Arrange on a dish. Heat after coating with sauce.
Deep-Fried Food		**Deep-Fried Food / Croquettes** Arrange on a dish. Cover shrimp and squid, as they may spatter. When reheating a small amount of food, set the doneness adjustment to M-LO or LO.
Sautéed Food		**Sautéed Vegetables / Sweet and Sour Pork / Chop Suey** Place in a container. If sautéed vegetables are dry, add butter or salad oil. Mix after heating.
Boiled Food		**Boiled Vegetables** Place in a container, and cover with broth.
		Boiled Fish Place in a container, and cover with broth. As the flesh of boiled fish may spatter, use a deep dish and cover with plastic wrap.
Steamed Food		**Steamed Meat Dumplings** Arrange on a plate, leaving some space between individual portions. Sprinkle some water over the dumplings and heat. If the dumplings are on the dry side, briefly immerse them in water.
Soups (Thicker Liquids)		**Curry / Stew** As shrimp, squid, and whole mushrooms may spatter, cover their container with plastic wrap. Mix after heating. (Remove whole mushrooms before heating, and add them in afterwards.) Set the doneness adjustment to M-HI or HI. • For soup, refer to →P. E-38 , E-39, E-49 for information on how to determine heating time. Use a ceramic or heat-resistant container. →P. E-18, E-19 Lacquered or non-heat-resistant containers cannot be used.

Auto Cooking (Reheat)

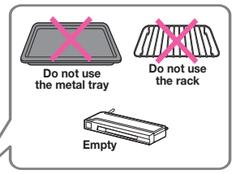
Reheat Frozen Rice and Side Dishes

2 Defrost and Reheat

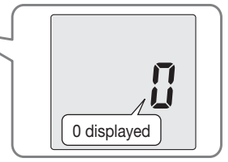
● Reheat frozen foods.



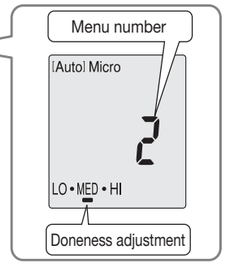
Note The power turns on when the door is opened.



Preparation Place the container or plate of food in the center of the ceramic tray, and close the door.



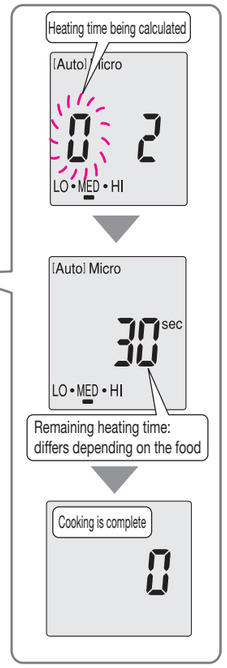
1 Press Food &Drink .



2 Press Select Menu ∨ ∧ and select menu number 2.

Each time you press Select Menu ∨ ∧ or Food &Drink you can make selections in the order 2 Defrost & Reheat ▶ 3 Milk ▶ 4 Leafy Vegetables ... ▶ 8 Chinjao Rosu .

To adjust doneness →P. E-21
(Adjust before you press the Start button.)

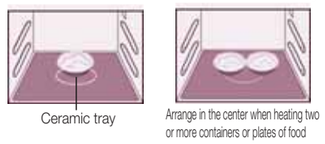


3 Press Start Reheat and start.

When you hear the completion sound, remove the food.
The oven lamp turns off, 0 is displayed, and heating ends.

How to place the food

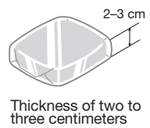
● Place in the center of the ceramic tray



• When food is placed on the edge, or when small amounts of food are heated, it is not possible to measure the temperature of the food correctly. This may result in the food being overheated, uneven heating, smoke, and ignition.

Tips for Freezing Foods Skillfully

● Use fresh ingredients
Divide the food into single servings (200–300 g), and form a flat block about two to three centimeters thick. Make sure that no areas become excessively thin.



● Rice, curry and so on
Divide rice into individual servings (about 150 g) and curry into servings of 100–300 g each. Arrange them so that they are thin (thickness of two to three centimeters) and flat. (For foods such as whole mushrooms that readily spatter when heated, cut them in half beforehand.)

Foods That Can Be Reheated, and How to Reheat Them Skillfully

Auto Cooking 2 Defrost & Reheat

■ With store-bought side dishes or home-cooked food, try to make the weight of the food and the weight of the container about the same.
■ The rough target for the amount of food to reheat at one time using Auto Cooking is one to two servings.
(The rough target for the weight of the food and container combined is from 100–1,200 g.)
■ The temperature of the food should be approximately–18°C for frozen food.

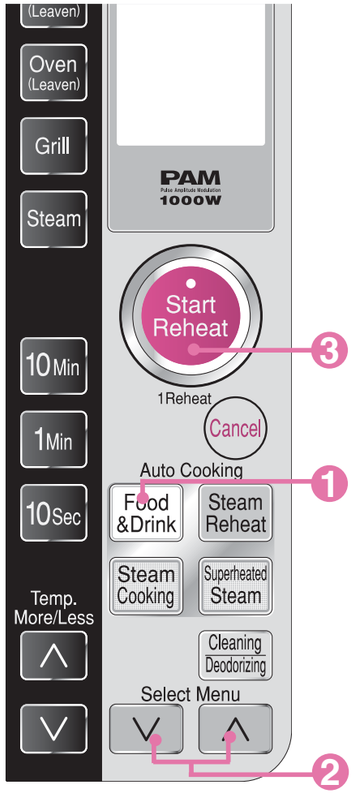
This symbol indicates that the food should be covered with plastic wrap.

		Defrost and reheat frozen food Auto Cooking 2 Defrost & Reheat
Rice		**Frozen Rice** Place a square-shaped block of rice on a flat dish. When reheating two or more blocks of rice, make them about the same quantity and place them in the middle. **Frozen Fried Rice / Pilaf** Break apart and place on a plate. Mix after heating.
Noodles		**Frozen Spaghetti / Yakisoba (Japanese style fried noodles)** Place on a dish. Mix after heating.
Grilled Food		**Frozen Hamburg Steak** Place on a dish. Turn over after heating, and let it stand for a short time.
Deep-Fried Food		**Deep-Fried Food / Croquettes** Arrange on a dish. Set the doneness adjustment to M-LO or LO. If you are concerned about oil, remove the oil using paper towels after heating.
Sautéed Food		**Frozen Chop Suey / Meatballs** Place in a container. Mix after heating.
Steamed Food		**Frozen Steamed Meat Dumplings** Briefly immerse the dumplings in water. Remove the plastic wrap immediately after heating.
Soups (Thicker Liquids)		**Frozen Curry / Stew** Place in a container, and cover the container. When you use plastic wrap instead of a lid, cover the container loosely. Set the doneness adjustment to M-HI or HI. After heating, break apart the chunky parts and mix the food. • For soup, refer to →P. E-38 , E-39, E-49 for information on how to determine heating time. Use a ceramic or heat-resistant container. →P. E-18, E-19 Lacquered or non-heat-resistant containers cannot be used.

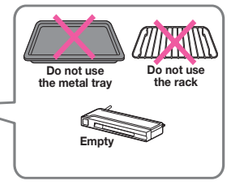
Auto Cooking (Reheat)

Reheat Beverages — 3 Milk

Note The power turns on when the door is opened.



Preparation Place the container or mug containing the beverage in the center of the ceramic tray, and close the door.

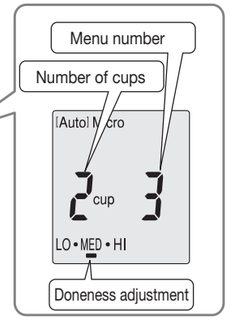


1 Press Food &Drink.

2 Press Select Menu ∨ ∧ and select the desired menu number.

Set the quantity: one to four cups for 3 Milk. Each time you press Select Menu ∨ ∧ or Food &Drink, you can make selections in the order 2 Defrost & Reheat ▶ 3 Milk one cup ▶ 3 Milk two cups... ▶ 4 Leafy Vegetables... ▶ 8 Chinjao Rosu.

Example: Reheat two cups using 3 Milk

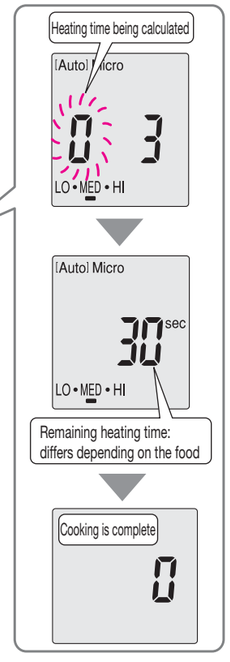


To adjust doneness →P. E-21
(Adjust before you press the Start button.)

● For 3 Milk, the doneness setting scale is recorded.

3 Press Start Reheat and start

When you hear the completion sound, remove the food.
The oven lamp turns off, 0 is displayed, and heating ends.



About the amount of beverages

●A beverage should fill about 70–80% of its container

If you fill the container with only a small amount (1/2 or less), heat using Manual Cooking (microwave heating) and be careful not to overheat it, as the beverage may spatter after you remove it from the oven cavity, resulting in burns.

→P. E-38, E-39, E-49

Tips for Auto Heating 3 Milk

● **1–4 cups can be reheated at one time.**

1 ml = 1 cc

Type of beverage	Amount per cup
Milk	200 ml (chilled)
Coffee	150 ml
Water	180 ml
Tea	180 ml

● **When you reheat two or more beverages at the same time, place the cups around the center of the ceramic tray.**

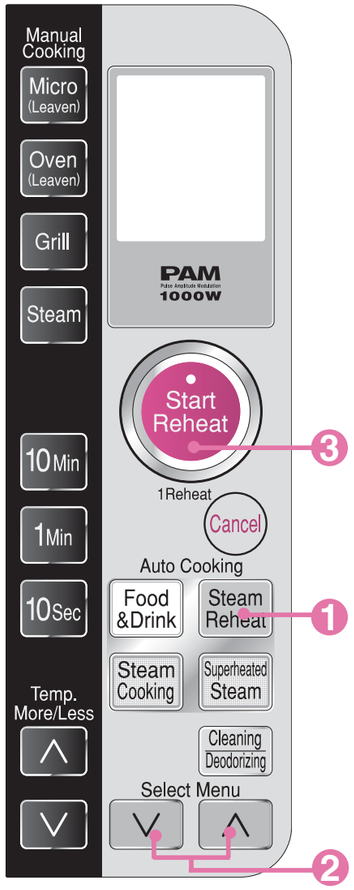
● **You cannot heat milk in glass milk bottles.**

● **When you heat less than 100 ml of a beverage, use Manual Cooking (microwave heating) and check on the beverage while it is heating.** →P. E-38, E-49

● **Use fresh milk that has just been taken out of the refrigerator.**

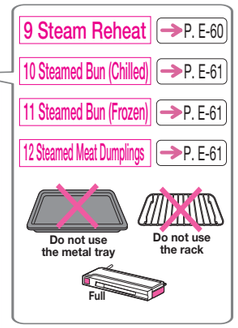
Auto Cooking (Reheat)

Reheat Side Dishes Using Steam (Steam Reheat)



Note The power turns on when the door is opened.

Preparation Put the accessory appropriate for the food and menu option into the oven, and close the door. Fill the water tank with water.


9 Steam Reheat P. E-60
10 Steamed Bun (Chilled) P. E-61
11 Steamed Bun (Frozen) P. E-61
12 Steamed Meat Dumplings P. E-61
Do not use the metal tray
Do not use the rack
Full

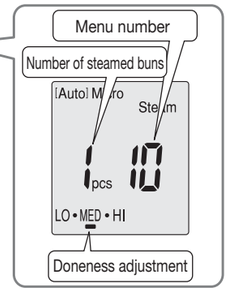
1 Press Steam Reheat.

2 Press Select Menu ∨ ∧ and select the desired menu number.

For 10 Steamed Bun (Chilled) and 11 Steamed Bun (Frozen), set the quantity (one to four).

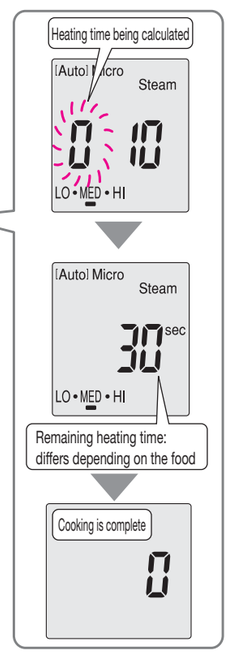
Each time you press Select Menu ∨ ∧ or Steam Reheat, you can make selections in the order 9 Steam Reheat ▶ 10 Steamed Bun (Chilled) one bun ▶ 10 Steamed Bun (Chilled) two buns... ▶ 11 Steamed Bun (Frozen) one bun ▶ 11 Steamed Bun (Frozen) two buns... ▶ 12 Steamed Meat Dumplings.

Example: 10 Steamed Bun (Chilled), one bun



To adjust doneness P. E-21
(Adjust before you press the Start button.)

3 Press Start Reheat and start.



When you hear the completion sound, remove the food.

The oven lamp turns off, 0 is displayed, and heating ends.

- After using, empty the water tank.

- After you use steam, once the main unit has cooled down, use a dishcloth to wipe off the drops of water in the oven cavity and on the door. P. E-50

Tips for Auto Cooking 9 Steam Reheat

Envelops food in steam and reheats the food so that it becomes tender.

- Covering, such as plastic wrap, is not used. Food is reheated using steam, so it becomes moist and tender, and is prevented from drying out.
- Place the food in a ceramic or heat-resistant glass container and heat.
- Requires a longer heating time than 1 Reheat.
- Heat food just taken out of the refrigerator using the doneness adjustment M-HI.
- Precooked frozen food will not heat well. Heat using 2 Defrost & Reheat. P. E-24, E-25

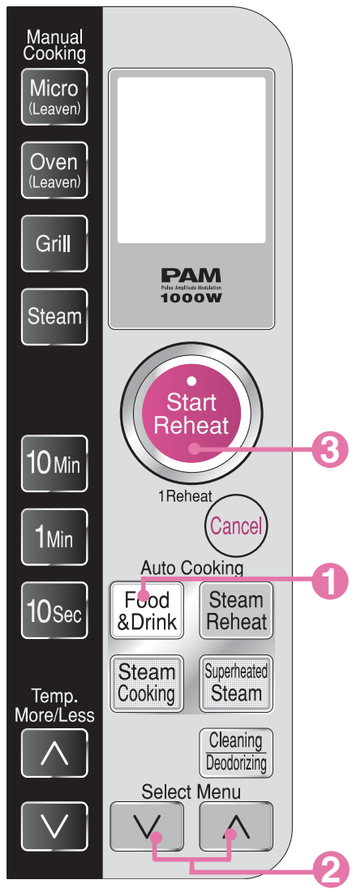
Frozen rice and frozen side dishes will not heat well.

Reheat using 2 Defrost & Reheat or Manual Cooking (microwave heating)
P. E-24, E-25, E-38, E-48

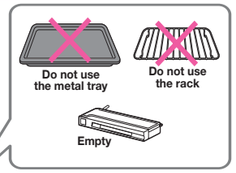
Auto Cooking

Auto Cooking (Preparation)

Heating Vegetables (Boiling) 4 Leafy Vegetables 5 Root Vegetable



Note The power turns on when the door is opened.



Preparation Bundle the vegetables in plastic wrap. Place the wrapped vegetables directly in the center of the ceramic tray, and close the door.

1 Press Food &Drink.

2 Press Select Menu ∨ ∧ and select menu number 4 for 4 Leafy Vegetables or menu number 5 for 5 Root Vegetables.

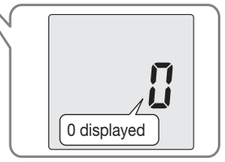
Each time you press Select Menu ∨ ∧ or Food &Drink, you can make selections in the order 2 Defrost & Reheat ▶3 Milk ▶4 Leafy Vegetables ▶5 Root Vegetables... ▶8 Chinjao Rosu.

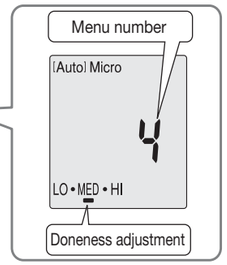
To adjust doneness →P. E-21
(Adjust before you press the Start button.)

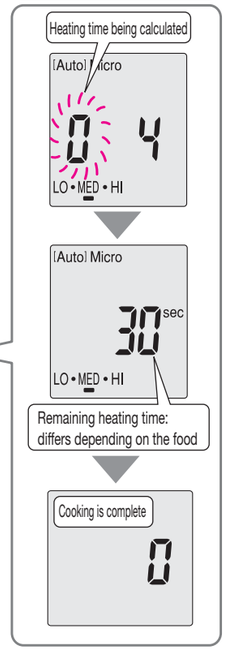
3 Press Start Reheat to start.

When you hear the completion sound, remove the food.
The oven lamp turns off, 0 is displayed, and heating ends.

Example:
4 Leafy Vegetables







Tips for Auto Cooking 4 Leafy Vegetables 5 Root Vegetables

Do not dry the vegetables. Bundle them tightly with plastic wrap, place the wrapped vegetables directly in the center of the ceramic tray, and heat.
From 100–300 g of 4 Leafy Vegetables and from 100–600 g of 5 Root Vegetables can be heated.

4 Leafy Vegetables

Leafy vegetables
Vegetables with edible leaves, such as spinach, and so on.

Fruit vegetables
Vegetables with edible fruit and seeds, such as eggplants and pumpkins.

Flower vegetables
Vegetables with edible flower petals and buds, such as cauliflower, broccoli, and so on.

5 Root Vegetables

Root vegetables
Vegetables that have edible underground root stalks and roots, such as potatoes, sweet potatoes, and the like.

- When you heat several whole potatoes or the like at the same time, arrange the potatoes in a ring and leave the center empty, and wrap them with plastic wrap.

- **How to prepare the food according to the cuisine**
  Make crosscut incisions in the thick stems of leafy vegetables and fruit or flower vegetables; vegetables that are clustered in bunches should be broken up into smaller clusters. Cut root vegetables into pieces of the same size, and select vegetables that are about the same size.

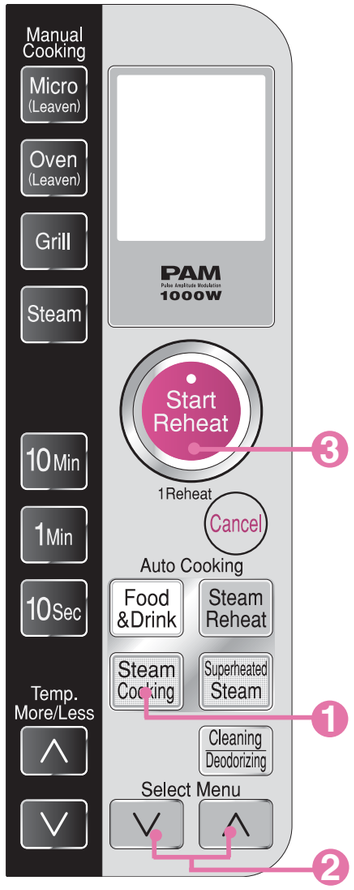
- **How to remove astringency according to the ingredients**
  Put spinach and the like in water immediately after heating. Immerse eggplants, cauliflower, and the like in lightly salted water or vinegar water before heating to remove astringency.

CAUTION

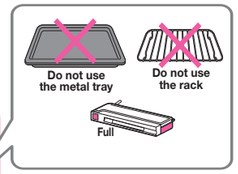
(Will result in fire)
Heating using Auto Cooking is not possible for amounts of food less than 100 g.
Heat using Microwave 500W and keep an eye on the food as it cooks. →P. E-38
- **Do not wrap with paper products such as a cooking sheet.**

Auto Cooking (Preparation)

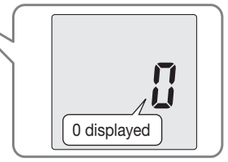
Defrosting Meat and Fish 13 Defrost



Note The power turns on when the door is opened.



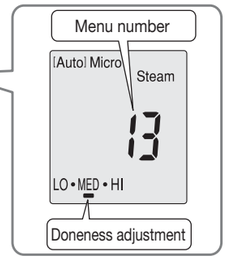
Preparation Preparation Place the food to be defrosted in the center of the ceramic tray, and close the door. Fill the water tank with water



1 Press Steam Cooking.

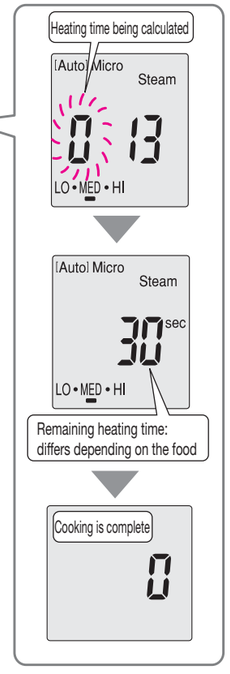
2 Press Select Menu ∨ ∧ and select menu number 13.

Each time you press Select Menu ∨ ∧ or Steam Cooking, you can make selections in the order 13 Defrost ▶14 Homemade Foods ▶15 Chawanmushi ...▶22 Cake.



To adjust doneness →P. E-21
(Adjust before you press the Start button.)

3 Press Start Reheat to start.



When you hear the completion sound, remove the food.
The oven lamp turns off, 0 is displayed, and heating ends
- After using, empty the water tank.

- After you use steam, once the main unit has cooled down, use a dishcloth to wipe off the drops of water in the oven cavity and on the door. →P. E-50

Tips for Auto Cooking 13 Defrost

- **Foods that can be defrosted include hard, frozen meat and fish just taken out of the freezer.**
- **From 100–600 g of food can be defrosted at one time.**
- **If you defrost without filling the water tank with water, or defrost while Refill Water is shown in the display area during defrosting, the food may be overly defrosted.**
- **Use after the oven cavity has cooled down.**
When the oven cavity is hot, [06 is shown in the display area and heating is not possible.
After you use the grill or oven, the oven cavity and ceramic tray will be hot. Polystyrene foam trays may melt, and the food may be overheated. Use after the oven cavity has thoroughly cooled down.
- **Do not use polystyrene foam trays for uses other than defrosting raw food.**
- **For food that is uneven in shape or thickness, wrap with aluminum foil before defrosting.**
For food that is uneven in shape or thickness, wrap aluminum foil around thin or narrow areas. If there are large frozen sections wrap aluminum foil around the sides. The head and tail portions of fish are readily heated first; you can prevent discoloration and boiling by defrosting the fish with these portions tightly wrapped in aluminum foil.
If aluminum foil comes in contact with the walls of the oven cavity or the glass door, there will be sparks and the ceramic tray and glass door may be damaged.

- **Leave the food on its polystyrene foam tray when you defrost it.**
Remove any packaging such as plastic wrap, and place the tray as-is in the center of the ceramic tray. Do not use ceramic or heat-resistant plates or the like. If there is no tray, place an oven sheet or paper towel on the ceramic tray and defrost.
- **After defrosting, let the food stand and defrost naturally.**

In the following cases, defrost using Manual Cooking and keep an eye on the food while it is defrosting. →P. E-38, E-39

- Precooked frozen food or frozen vegetables

The rough target for defrosting is four to five minutes per 200 g.

Heat using Microwave 200W.

- When the amount of food is less than 100 g
- Foods that have been broken up and frozen
- Foods that have not been sufficiently defrosted
- Frozen foods –20°C or colder
For defrosting using Auto Cooking, the standard temperature for frozen food storage is –18°C.
- Foods that are insufficiently heated using Auto Cooking
Heat using Microwave 100W.

- Foods that are starting to melt

Heat using Microwave 100W or Microwave 200W

Eating sashimi raw after defrosting: use doneness adjustment LO

When the food is done, the center is still slightly frozen. The fish can be easily cut with a knife, and will be ready to eat when it reaches the table.

Cooking meat or fish immediately after defrosting: use doneness adjustment MED

Flatten out thin slices of meat by stretching them with your hands. Defrost ground beef and chunks of meat by setting the doneness adjustment to M-HI.

Tips for Freezing Foods Skillfully

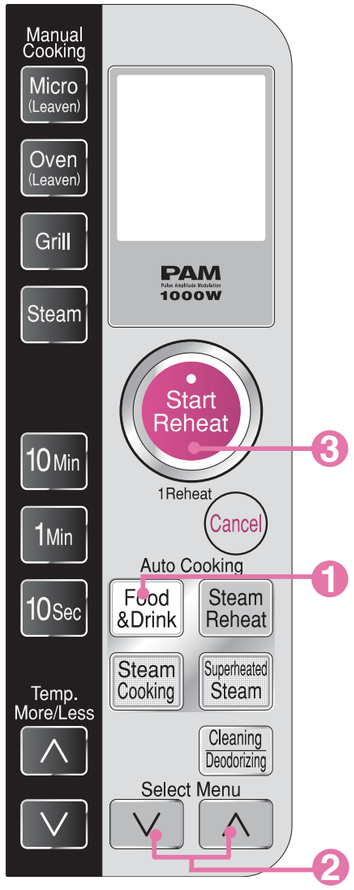
- **Use plastic wrap or the like to seal the food tightly.**
- **Fish preparation**
Remove the scales, gills, and internal organs of the fish. Wash it in salt water and wipe off the water. Freeze each fish separately.
- **Remove any decorations such as plastic leaves, as well as absorbent pads and so on.**
- **Hot foods**
Freeze after the food has cooled down.
- **Vegetables**
Partially boil vegetables, so they are still firm. Drain any excess water and divide them into single servings (100–200 g). Bundle in plastic wrap or the like and freeze.

Auto Cooking (Cooking)

Cooking with Preheat No Menu Options (Food & Drink)

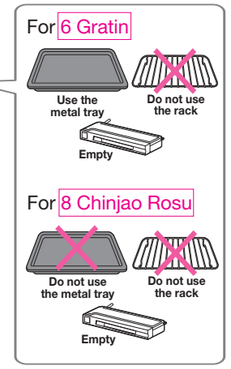
Recipe reference pages

6 Gratin →P. E-72
8 Chinjao Rosu →P. E-67



Note The power turns on when the door is opened.

Preparation Place the accessory appropriate for the menu option in the oven together with the food, and close the door.

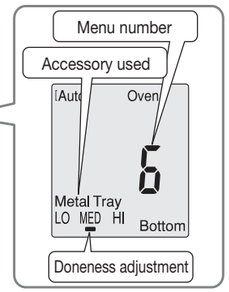


1 Press Food &Drink.

2 Press Select Menu ∨ ∧ and select menu number 6 for 6 Gratin, or menu number 8 for 8 Chinjao Rosu.

Each time you press Select Menu ∨ ∧ or Food &Drink, you can make selections in the order 2 Defrost & Reheat ▶3 Milk ▶4 Leafy Vegetables ▶ ... ▶8 Chinjao Rosu.

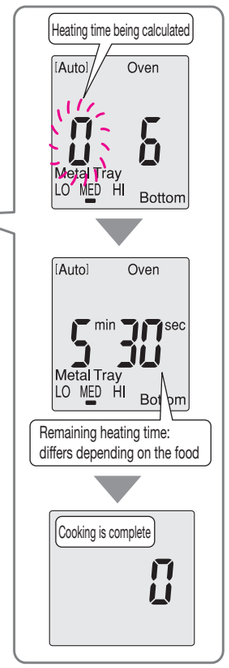
Example: 6 Gratin



To adjust doneness →P. E-21
(Adjust before you press the Start button.)

3 Press Start Reheat to start.

When you hear the completion sound, remove the food.
The oven lamp turns off, 0 is displayed, and heating ends.



Auto Cooking (Cooking)

Cooking with Preheat No Menu Options (Steam Cooking)

Recipe reference pages

14 Homemade Foods	→P. E-74, E-75	17 Baked Potato	→P. E-62	22 Cake	→P. E-76
15 Chawanmushi	→P. E-69	18 Soft Pudding	→P. E-79		
16 Steamed Whitefish	→P. E-68	20 Quick Bread	→P. E-84		

Note The power turns on when the door is opened.

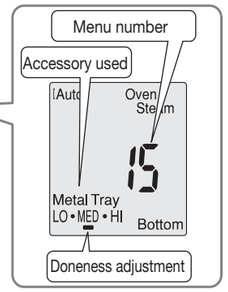
Preparation Place the accessory appropriate for the menu option in the oven together with the food, and close the door.

1 Press Steam Cooking.

2 Press Select Menu ∨ ∧ and select the desired menu number.

Each time you press Select Menu ∨ ∧ or Steam Cooking, you can make selections in the order 13 Defrost ▶14 Homemade Foods ▶15 Chawanmushi ... ▶22 Cake.

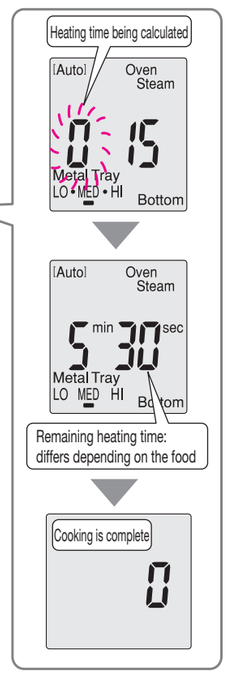
Example: 15 Chawanmushi



To adjust doneness →P. E-21
(Adjust before you press the Start button.)

3 Press Start Reheat to start.

When you hear the completion sound, remove the food.
The oven lamp turns off, 0 is displayed, and heating ends.
● After using, empty the water tank.



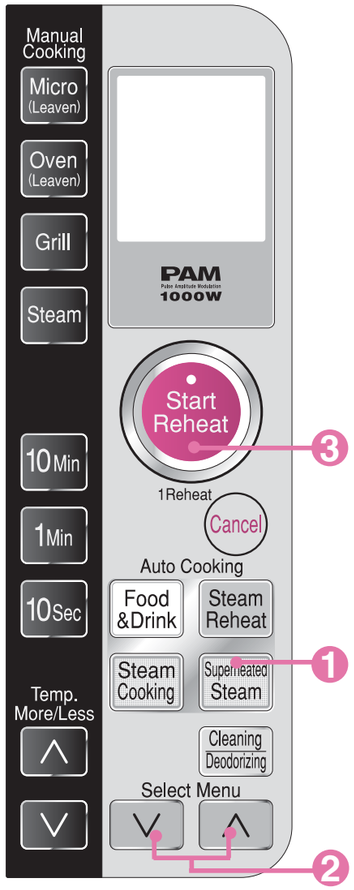
● After using Steam, wipe the water droplets from the oven cavity and door after the oven has cooled down. →P. E-50

Auto Cooking (Cooking)

Cooking with Preheat No Menu Options (Superheated Steam)

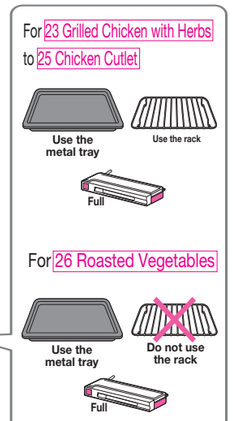
Recipe reference pages

23 Grilled Chicken with Herbs	P. E-64	25 Chicken Cutlet	P. E-66
24 Fried Chicken	P. E-66	26 Roasted Vegetables	P. E-63



Note The power turns on when the door is opened.

Preparation Place the accessory appropriate for the menu option in the oven together with the food, and close the door.


For 23 Grilled Chicken with Herbs to 25 Chicken Cutlet
Use the metal tray
Use the rack
Full
For 26 Roasted Vegetables
Use the metal tray
Do not use the rack
Full

1 Press Superheated Steam.

2 Press Select Menu ∨ ∧ and select the desired menu number.

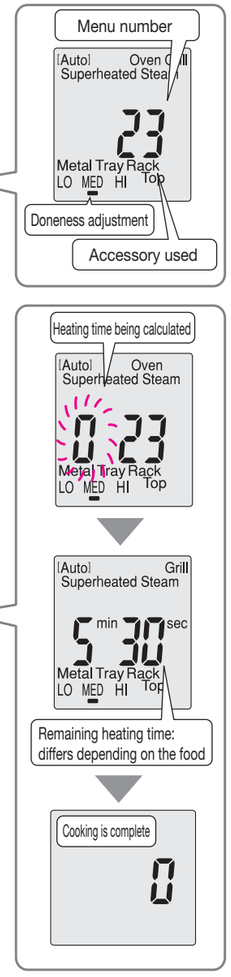
Each time you press Select Menu ∨ ∧ or Superheated Steam, you can make selections in the order 23 Grilled Chicken with Herbs ▶ 24 Fried Chicken ... ▶ 26 Roasted Vegetables.

To adjust doneness P. E-21
(Adjust before you press the Start button.)

3 Press Start Reheat to start.

When you hear the completion sound, remove the food.
The oven lamp turns off, 0 is displayed, and heating ends.
- After using, empty the water tank.

Example: 23 Grilled Chicken with Herbs



- After using Steam, wipe the water droplets from the oven cavity and door after the oven has cooled down. P. E-50

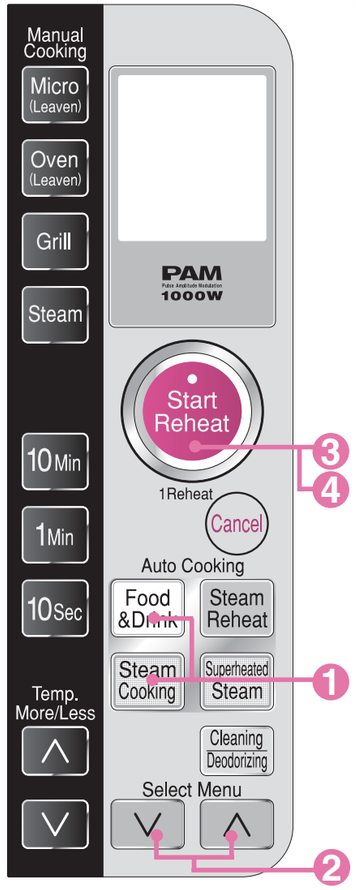
Auto Cooking (Cooking)

Cooking with Preheat Yes Menu Options 7 Pizza 19 Cream Puff 21 French Bread

Note The power turns on when the door is opened.

Recipe reference pages

7 Pizza	P. E-73
19 Cream Puff	P. E-80
21 French Bread	P. E-82



Preparation Fill the water tank with water, and close the door.

1 For 7 Pizza, press Food &Drink, and for 19 Cream Puff and 21 French Bread, press Steam Cooking.

2 Press Select Menu ∨ ∧, and select menu number 7 for 7 Pizza, menu number 19 for 19 Cream Puff, and menu number 21 for 21 French Bread.

To adjust doneness P. E-21
(Adjust before you press the Start button.)

3 Press Start Reheat (Preheating starts)

When you hear the preheating completion sound and preheating ends, open the door and put the metal tray with the food on it into the oven.

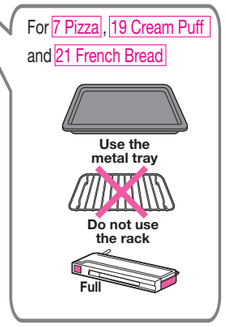
■During preheating, the oven lamp is turned off in order to save power.
Press Start Reheat to light the oven lamp for about five seconds during preheating.

4 Press Start Reheat to start.

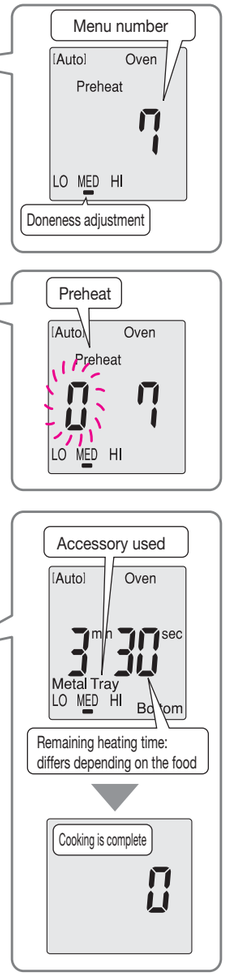
When you hear the completion sound, remove the food.
The oven lamp turns off, 0 is displayed, and heating ends.
- After using, empty the water tank.

CAUTION

When you insert and remove the metal tray, there may be a risk of burns. Use a thick, dry dishcloth or a commercially available oven mitt.
- After you remove the metal tray, do not place them in a location that is weak with respect to heat. Place them on top of the open door.
- Be sure to keep the accessories out of the reach of children and infants.
- Do not use damaged oven mitts or a wet cloth.



Example: 7 Pizza

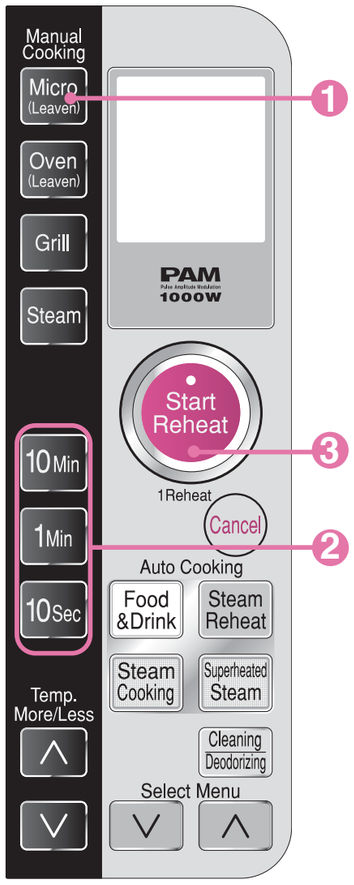


- After using Steam, wipe the water droplets from the oven cavity and door after the oven has cooled down. P. E-50

Manual Cooking (Microwave Heating)

Heating at a Constant Output (Wattage)

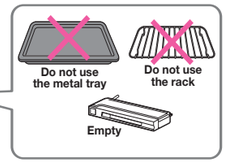
The operating method for 600W, 500W, 200W, and 100W will be explained here. Refer to →P. E-45 for the operating method for Steam Microwave, and →P. E-46 for the operating method for Steam Microwave Leaven.



Note The power turns on when the door is opened.

Preparation

Place the container or plate with the food in the center of the ceramic tray, and close the door.

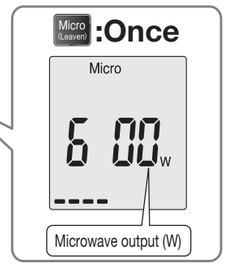


Example: Heat using Microwave 600W 1 min. 20 sec.

1 Press Micro (Leaven) and select output (wattage).

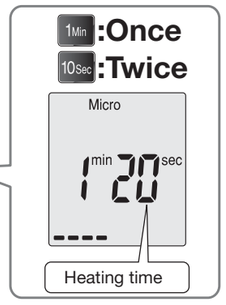
Output (wattage) selection
The display changes in the following order:

600W ▶ 500W ▶ 200W
Steam Microwave Leaven ◀ 100W

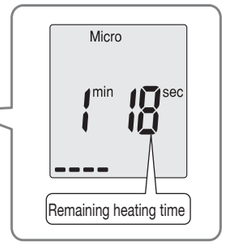


2 Press 10 Min 1 Min 10 Sec to set the heating time.

600W 500W
(Maximum setting time: 19 minutes and 50 seconds)
200W 100W
(Maximum setting time: 90 minutes)



3 Press Start Reheat and start.



When you hear the completion sound, remove the food.
The oven lamp turns off, 0 is displayed, and heating ends.

	Selection range for heating time
600W 500W	10 sec.–19 min. 50 sec.: 10 sec. units
200W 100W	10 sec.–20 min.: 10 sec. units 20 min.–90 min.: 1 min. units

⚠ WARNING

Do not heat raw eggs, boiled eggs (with or without the shell), or fried eggs using microwave heating.
(Eggs may burst and damage the ceramic tray or door glass.)

(• When heating eggs, beat the eggs before heating.)

How to Determine Heating Time

● **Cooking time differs depending on the type of food, even if the amount is the same.**

Rough targets for heating times per 100 g of food using Microwave 600W

Type of food		Starting raw	Reheating	Food Type	Starting raw	Reheating
Vegetables	Leafy vegetables	1 min. –1 min. 30 sec.	50 sec. –1 min. 10 sec.	**Noodles**	———	50 sec. –1 min. 10 sec.
	Root vegetables	1 min. 30 sec. –2 min.	50 sec. –1 min. 10 sec.	**Soup** (Soup and so on)	———	1 min. 10 sec. –1 min. 30 sec.
Fish and seafood		1 min. 30 sec. –2 min.	50 sec. –1 min. 10 sec.	**Beverages** (Milk and so on)	———	30 sec. –1 min. 30 sec.
Meat		1 min. 50 sec. –2 min. 30 sec.	1 min. –1 min. 30 sec.	**Bread**	———	20–50 sec.
Rice		———	40–50 sec.	**Cake**	50 sec. –1 min. 10 sec.	———

• When you heat using Microwave 500W, the heating times should be about 1.2 times longer than those listed above (at a room temperature of about 20°C).

● **Manual cooking cannot be set for Microwave 1000W.**
Heat using Microwave 600W functions for a limited number of menu options, such as 1 Reheat, and so on, in Auto Cooking.

● **Set a heating time that is proportional to the amount of food.**
If you double the amount of food, double the heating time, and if you halve the amount of food, halve the heating time.

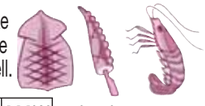
● **Heating time also differs depending on the temperature of the food before heating.**
More time is required when you heat foods taken out of the refrigerator or freezer, even if it is the same type of food.
For refrigerated foods, the rough target is about 1.3 times longer than the heating time at room temperature (about 20°C), and for frozen foods, the rough target is about 2.3 times longer.
Heating time differs slightly in the summer and winter.

● **Heating time differs depending on the container used.**
Heating time differs slightly depending on the materials, size, and shape of the container.

When you heat small amounts of food (less than 100 g).
Use Microwave 500W, set the heating time to 20–50 seconds, and keep an eye on the food while it is heating. In particular, when you heat a small amount (less than 100 g) of vegetables such as carrots that are cut into small pieces, they may dry out, or there may be sparks and the food may burn. Sprinkle a generous amount of water over the vegetables and wrap them in plastic wrap, or spread the food out on a plate or the like, add just enough water to cover the food, cover the container with plastic wrap, and then heat.

How to Heat in Order to Prevent Bursting and Spattering

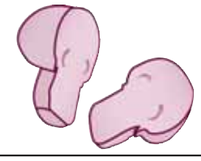
● For foods with skins or shells, such as squid, octopus, shrimp, and the like, make slits in the surface of the skin or shell.



• Use Microwave 200W and reduce the heating time.

● Shelled chestnuts and ginkgo nuts
• Make an incision in the shell, and cover before heating.

● Cut mushrooms in half



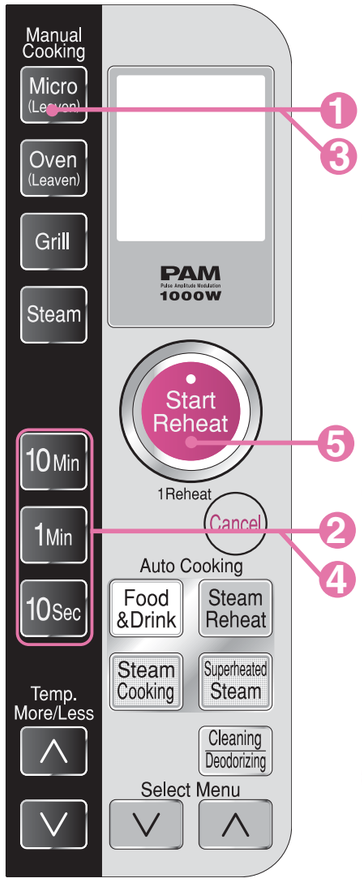
● Diced vegetables (carrots and the like)
• Make the amount 100 g or more, or sprinkle water onto the food, cover in plastic wrap, and heat using Microwave 500W.

● For thick liquids and the like, cover and mix before and after heating.

Manual Cooking (Microwave Heating)

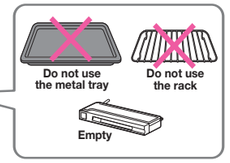
Automatically Lowers Output (Wattage) During Heating (Relay Heating)

● For stews, rice, and the like, where the heating method changes to simmering during heating.



Note The power turns on when the door is opened.

Preparation Place the container or plate with the food in the center of the ceramic tray, and close the door.

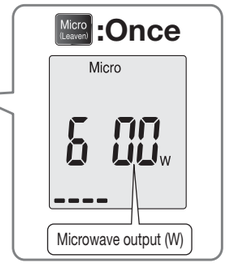


Example: After heating for 10 min. using Microwave 600W, heat for 25 min. using Microwave 200W.

1 Press Micro (Leaven) and select 600W or 500W.

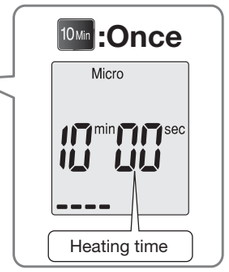
Output (wattage) selection
The display changes in the following order:

600W ▶ 500W ▶ 200W
Steam Microwave Leaven ◀ 100W



2 Press 10Min 1Min 10Sec to set the heating time.

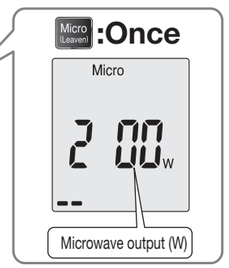
600W 500W
(Maximum setting time: 19 minutes and 50 seconds)



3 Press Micro (Leaven) and select 200W or 100W.

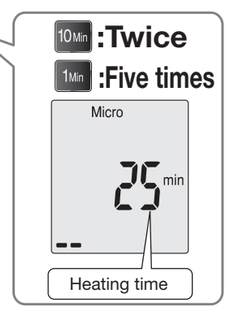
Output (W) selection
The display changes in the following order:

200W ▶ 100W



4 Press 10Min 1Min 10Sec to set the heating time.

200W 100W
(Maximum setting time: 90 minutes)



5 Press Start Reheat and start.

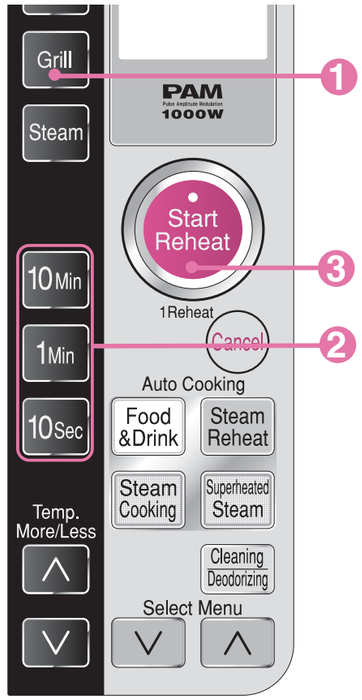
When you hear the completion sound, remove the food.
The oven lamp turns off, 0 is displayed, and heating ends.

	Selection range for heating time
600W 500W	10 sec.–19 min. 50 sec.: 10 sec. units
200W 100W	10 sec.–20 min.: 10 sec. units 20 min.–90 min.: 1 min. units

Manual Cooking (Grill Heating)

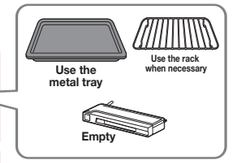
Heat While Browning the Surface of Foods Like Fish

● Grill fish fillets, skewered food and so on. • Whole fish cannot be grilled.



Note The power turns on when the door is opened.

Preparation Put the rack with the food on it and metal tray (or the metal tray with the food on it) into the oven, and close the door.



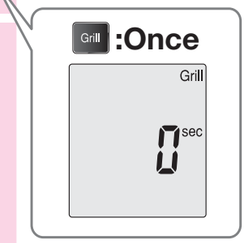
1 Press Grill .

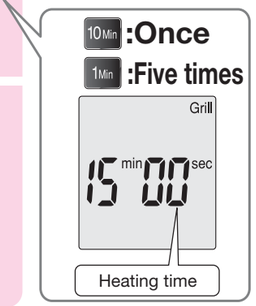
Example:
Heat for 15 min. using Grill.

2 Press 10Min 1Min 10Sec to set the heating time.

(Maximum setting time: 40 minutes)

Selection range for heating time
10 sec.–20 min.: 10 sec. units 20 min.–40 min.: 1 min. units





3 Press Start Reheat and start.

When you hear the completion sound, remove the food.
The oven lamp turns off, 0 is displayed, and heating ends.

CAUTION

(Will result in burns)
When you remove the metal tray or rack, use a thick, dry dishcloth or a commercially available oven mitt.

If there is grease buildup in the oven cavity after cooking
Refer to Removing Unwanted Smells (Deodorizing) and heat the oven using 28 Deodorizing. →P. E-5

● After cooking ends, the cooling fan may spin. →P. E-55

● When you cook for 40 minutes or longer, use additional heating for the remaining time.

How to Use Grill Skillfully

Use the metal tray and grill net as appropriate.

For meat, place the grill net on the metal tray, and arrange the meat on the grill net. For fish, arrange the fish on the metal tray and grill it with the tray placed on the top rack.

Turn over during grilling and continue grilling.

After you have grilled one side, turn the food over and continue grilling. For fish and the like, first grill the side that will be face down when you serve it. Flip over midway through grilling and continue to grill.

How to arrange

Skewered food, and so on.

Fish fillets

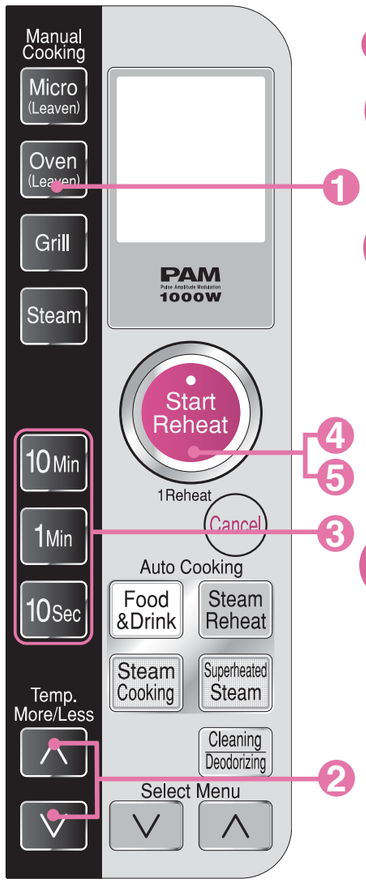
To adjust the browning of food, you can change the heating time during heating.

■ When you change the heating time, press Temperature/Doneness ∨ ∧ to increase or decrease the heating time in units of minutes. However, when the maximum heating time (40 minutes) is set, it is not possible to increase the heating time. Also, if less than one minute remains in the heating time, it is not possible to increase or decrease the heating time.

Manual Heating (Oven Heating)

Heating with Preheat Yes

● Cook food after preheating the oven cavity.



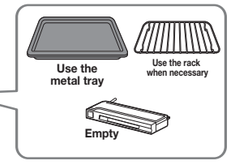
Selection range for heating time
10 sec.–20 min.: 10 sec. units
20 min.–90 min.: 1 min. units

Note The power turns on when the door is opened.

Preparation

Place the metal tray with the food on it inside the oven, and close the door.

•Depending on the menu option, place the food directly on the rack.



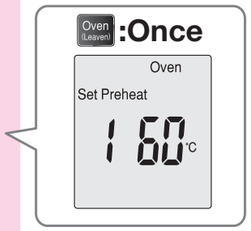
Example:
Heat for 18 min. using
Oven Preheat Yes 170°C.

1 **Press Oven (Leaven) once.**

■ Each time you press the button, you can make selections in the order
Preheat Yes ▶ Preheat No ▶ Preheat Yes

Preheat Yes ➔ Preheat lights up
Preheat No ➔ Preheat turns off

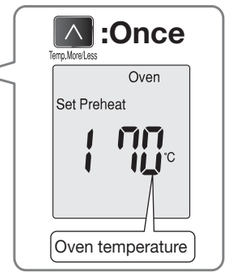
• The display changes to the time after about two seconds, but continue to Step 2.



2 **Press Temp. More/Less ∧ ∨ to set the temperature.**

The temperature can be set from 100°C–210°C (in 10°C units), and 250°C. (When the oven cavity is hot, the maximum temperature that can be set is 210°C.)

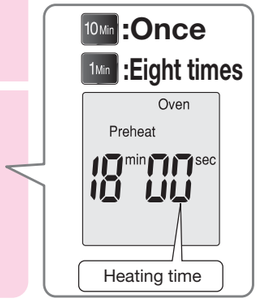
• When the time is displayed, press Temp. More/Less ∧ ∨ and change to the temperature display first.



3 **Press 10 Min 1 Min 10 Sec to set the heating time.**

(Maximum setting time: 90 minutes)

• Preheating time is not included in heating time (cooking time).

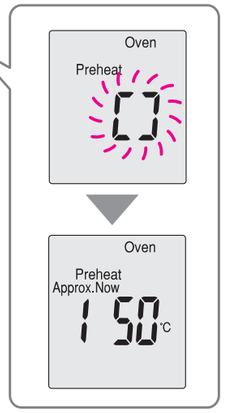


■During preheating, the oven lamp is turned off in order to save power. Press Start Reheat to light the oven lamp for about five seconds during preheating.

4 **Press Start Reheat. (Preheating starts)**

When you hear the preheating completion sound and preheating ends, open the door and put the metal tray with the food on it into the oven.

■ Either the temperature becomes the specified temperature, or preheating ends after 30 minutes.
■ When the oven is left as-is after preheating has completed, preheating continues for 10 more minutes, and then heating for the specified time is carried out. (The oven lamp is off.)



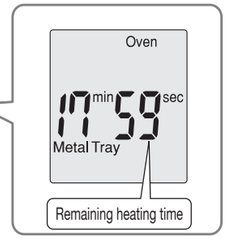
• After cooking ends, the cooling fan may spin. ➔ P.55

The operating time at 250°C is about five minutes. Afterwards, the temperature switches automatically to 210°C.

5 **Press Start Reheat and start.**

When you hear the completion sound, remove the food.

The oven lamp turns off, 0 is displayed, and heating ends.



Heating points

● **To adjust the browning of food, you can change the temperature and heating time during heating.**

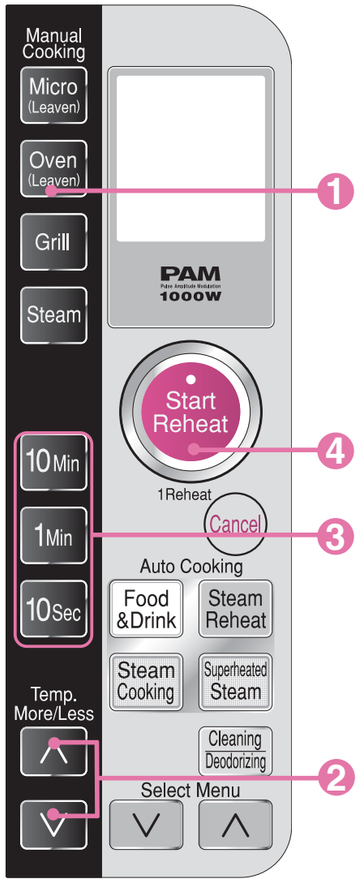
■ Press Oven (Leaven) during heating to display the set temperature. Press Temperature/Doneness ∨ ∧ to change the temperature. The display returns to time display after about two minutes.
■ When you want to change the heating time during Oven heating, press Temperature/Doneness ∨ ∧ to increase or decrease the heating time in one minute units. However, if the maximum heating time (90 minutes) was set, it is not possible to increase the heating time. Also, if less than one minute remains in the heating time, it is not possible to increase or decrease the heating time.

Manual Cooking

Manual Cooking (Oven Heating)

Heating Using Preheat No

● Cook food without preheating the oven cavity.

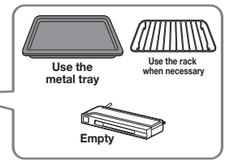


Note The power turns on when the door is opened.

Preparation

Place the metal tray with the food on it inside the oven, and close the door.

- Depending on the menu option, place the food directly on the rack.



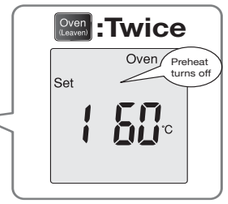
Example:
Heat for 30 min. using
Oven Preheat No 200°C.

1 **Press Oven (Leaven) twice.**

● Each time you press the button, you can make selections in the order Preheat Yes ▶ Preheat No ▶ Preheat Yes

Preheat Yes ➔ Preheat lights up
Preheat No ➔ Preheat turns off

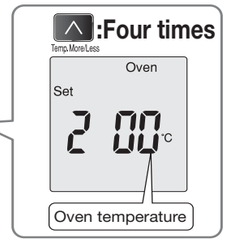
- The display changes to the time after about two seconds, but continue to Step 2.



2 **Press Temp. More/Less ∧ ∨ to set the temperature.**

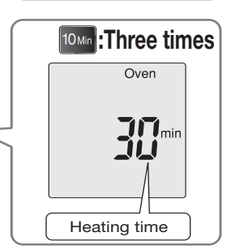
The temperature can be set from 100°C–210°C (in 10°C units), and 250°C. (When the oven cavity is hot, the maximum temperature that can be set is 210°C.)

- When the time is displayed, press ∧ ∨ and change to the temperature display first.



3 **Press 10 Min 1 Min 10 Sec to set the heating time.**

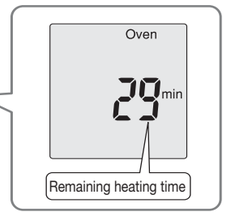
(Maximum setting time: 90 minutes)



4 **Press Start Reheat and start.**

When you hear the completion sound, remove the food.

The oven lamp turns off, 0 is displayed, and heating ends.



CAUTION

(Will result in burns)
When you remove the metal tray or rack, use a thick, dry dishcloth or a commercially available oven mitt.

Heating Point

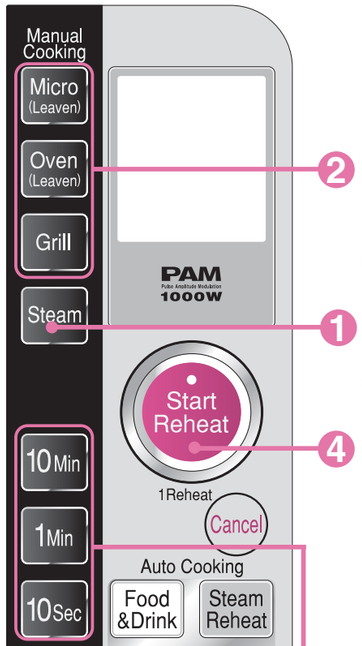
To adjust the browning of food, you can change the temperature and heating time during heating.

■ Press Oven (Leaven) during heating to display the set temperature. Press Temperature/Doneness ∨ ∧ to change the temperature. The display returns to time display after about two minutes.

■ When you want to change the heating time during Oven heating, press Temperature/Doneness ∨ ∧ to increase or decrease the heating time in one minute units. However, if the maximum heating time (90 minutes) was set, it is not possible to increase the heating time. Also, if less than one minute remains in the heating time, it is not possible to increase or decrease the heating time.

Manual Cooking (Combination with Steam)

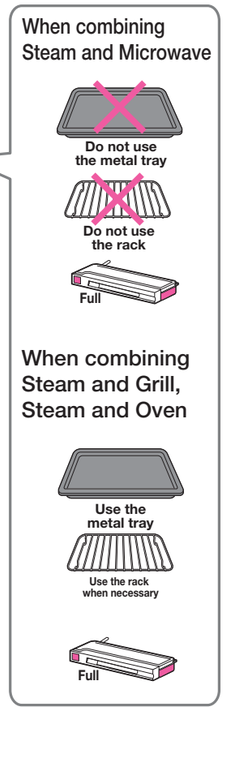
Combining Microwave · Grill · Oven Heating with Steam



Note The power turns on when the door is opened.

Preparation

Depending on the food and type of heating, put the metal tray or rack into the oven, fill the water tank with water, and close the door.


When combining Steam and Microwave
Do not use the metal tray
Do not use the rack
Full
When combining Steam and Grill, Steam and Oven
Use the metal tray
Use the rack when necessary
Full

1 **Press Steam .**

2 **Press Micro (Leaven) for steam microwave.**
Oven (Leaven) for steam oven.
Grill for steam grill.

3 **Press Temp. More/Less ∧ ∨ 10 Min 1 Min 10 Sec and set the heating time and temperature according to the type of heating.**

You can set the following up to the maximum times indicated.

Steam	Microwave	Max. 19 min. 50 sec.
Steam	Oven	Max. 90 min.
Steam	Grill	Max. 40 min.

4 **Press Start Reheat and start.**

When you hear the completion sound, remove the food.

The oven lamp turns off, 0 is displayed, and heating ends.

- After using, empty the water tank.
- After using steam, wipe the water droplets from the oven cavity and door after the oven has cooled down. ➔P. E-50

■ For details on the operating procedure, refer to the respective pages.

Micro (Leaven) ➔P. E-38, E-39

Oven (Leaven) ➔P. E-42–E-44

Grill ➔P. E-41

CAUTION

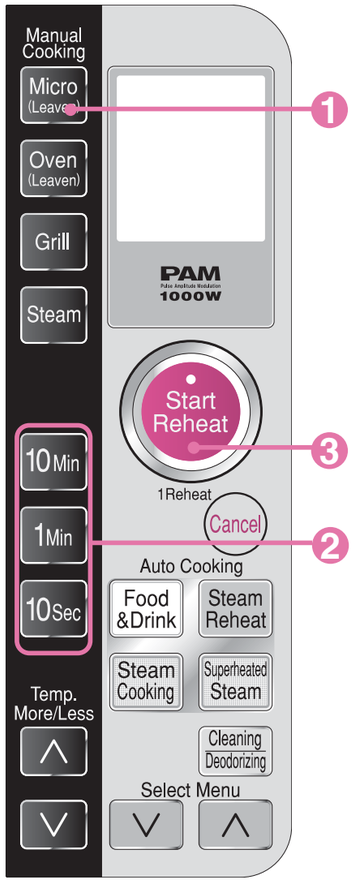
(Will result in burns)
When you remove the metal tray or rack, use a thick, dry dishcloth or a commercially available oven mitt.

- After cooking ends, the cooling fan may spin. ➔P. E-55

Manual Cooking (Leavening)

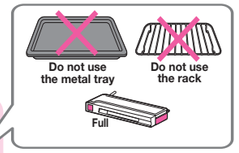
Heat Using Steam Microwave Leavening

● You can quickly leaven small amounts of dough for Quick Bread and so on.



Note The power turns on when the door is opened.

Preparation **Place the food in the center of the ceramic tray and close the door.**
Fill the water tank with water.

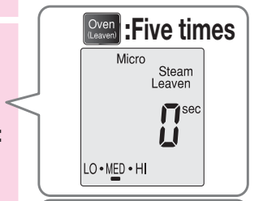


Example: Heating for 10 min. using Steam Microwave Leaven.

1 Press Micro (Leaven) **Five times and select Steam Microwave Leaven.**

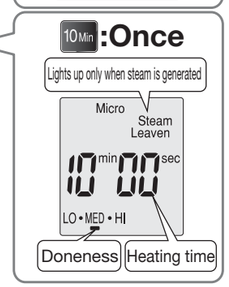
The display changes in the following order:

600W ▶ 500W ▶ 200W
Steam Microwave Leaven ◀ 100W



2 Press 10 Min 1 Min 10 Sec **to set the heating time.**
(Maximum setting time: 90 minutes)

To adjust doneness ➔P. E-21
(Adjust before you press the Start button.)



3 Press Start Reheat **and start.**

When you hear the completion sound, remove the food.
The oven lamp turns off, 0 is displayed, and heating ends.
• After using, empty the water tank.

Rough target for leavening temperature

When the temperature of kneaded dough is about 25°C and MED (about 10 minutes), the temperature of the dough when leavening ends will be about 30°C.

Tips for Steam Microwave Leavening

Continue

CAUTION

(Will result in burns)
When the temperature of the oven cavity is low, if the upper heater becomes hot, do not touch the door, the outer cover, the oven cavity, or surrounding areas.

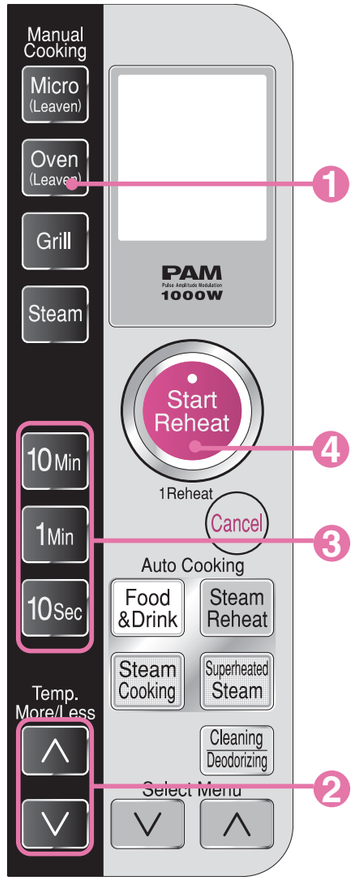
● It is not possible to use the metal tray for Steam, Microwave Leaven.
Will result in sparks.
● The leavening temperature differs depending on the menu option. Use the Temperature/Doneness button as appropriate. (Refer to the chart on the right.)
For Steam Microwave Leaven, control the leavening temperature using Temperature/Doneness ∨ ∧. If Temperature/Doneness ∨ ∧ is incorrectly set, food will not be done well.
● For leavening based on a recipe from a commercially sold cookbook or leavening based on your own recipe, press Temperature/Doneness ∨ ∧ in Oven Preheat No, adjust to Steam Oven Leaven 30°C–45°C and continue to check on the food. ➔P. E-47

Steam Microwave Leaven menu options and their listed pages

Button	Doneness adjustment	Menu	Listed page
Steam Microwave Leaven	MED	Quick bread	➔P. E-84
		Graham bread	➔P. E-85
		Pizza or calzone	➔P. E-73
	M-LO	Yogurt	➔P. E-85

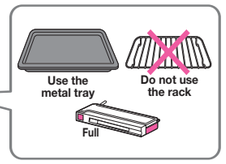
Heat Using Steam Oven Leavening

● Leaven bread dough and the like.



Note The power turns on when the door is opened.

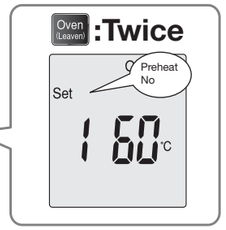
Preparation **Insert the metal tray with the food on it into the oven, and close the door.**
Fill the water tank with water.



Example:
Heat for 50 min. using Steam Oven Preheat No 40°C.

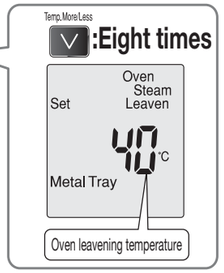
1 Press Oven (Leaven) **twice.**

■ Each time you press the button, you can make selections in the order Preheat Yes ▶ Preheat No ▶ Preheat Yes
Preheat Yes ➔ Preheat lights up
Preheat No ➔ Preheat turns off
• The display changes to the time after about two seconds, but continue to Step 2.

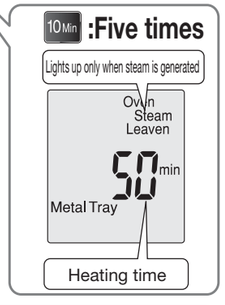


2 Press Temp. More/Less ∧ ∨ **and set the leavening temperature.**

■ The leavening temperature can be set to four levels: 30°C, 35°C, 40°C, and 45°C
• When the time is displayed, press ∧ ∨ to change to the temperature display before setting the leavening temperature.



3 Press 10 Min 1 Min 10 Sec **to set the heating time.**
(Maximum setting time: 90 minutes)



4 Press Start Reheat **and start.**

When you hear the completion sound, remove the food.
The oven lamp turns off, 0 is displayed, and heating ends.
• After using, empty the water tank.

Tips for Steam Microwave Leavening

Continue

When you do the first rising for dome-shaped bread, butter rolls, pizza, and so on as listed in the Recipes section using Steam Microwave Leaven.
● Place kneaded dough in a heat-resistant glass bowl. Place the bowl as-is on the ceramic tray and leaven the dough. (The metal tray and metal containers cannot be used.)
● Refer to quick bread ➔P. E-84. You can also knead the dough in a plastic bag. In this case, leaven the dough as-is in the bag for a period of time slightly less than the leavening time listed.
● For the second rising, use the metal tray. The second rising cannot be done with Steam Microwave Leaven. Use Steam Oven Leaven.

Leaven using Steam Microwave Leaven and the doneness adjustment MED.

Menu / Listed page		First rising time
Pizza	➔P. E-73	About 10 min.
Butter Rolls	➔P.E-81	20–30 min.
Dome-shaped Bread	➔P.E-83	
French Bread (Bâtard/coupé) Épi / Bacon épi	➔P.E-82, E-83	

Heating Times for Manual Cooking

Microwave Cooking (Vegetables)

• For Auto Cooking, heat leafy vegetables and fruit/flower vegetables using 4 Leafy Vegetables, and root vegetables using 5 Root Vegetables. →P. E-30

Menu selection		Cooking tips	Rough target for Manual Cooking (Microwave 600W) Amount	Heating time	Covering
Leafy vegetables	Spinach	Make incisions in thick stalks, and arrange with the leafy parts and the stems alternating. After heating, place in cold water to remove bitterness and preserve the color.	200 g	2 min. –2 min. 30 sec.	Yes
	Napa cabbage, Bean sprouts, Cabbage	For napa cabbage, arrange with the leafy parts and the bases of the leaves alternating. After heating, drain the water using a colander.			
Fruit/flower vegetables	Cauliflower Broccoli	Divide into small clusters.	200 g	2 min. 30 sec.–3 min.	Yes
	Eggplant	Cut according to how you will use it, and place in salt water to remove bitterness. After heating, place in cold water to preserve the color.			
	Asparagus	Trim the bottom of the stalks, and arrange with the spears and the stalk portions alternating. For Auto Cooking, heat using M-HI.			
	Green beans Snow peas	Trim the ends and the string along the side. After heating, rinse quickly in cold water to preserve the color.			
	Corn	If you use the husk as a wrap, remove the silk.	1 ear (300 g)	5 min.–6 min.	
	Pumpkin	Cut into pieces of about the same size. For Auto Cooking, heat using HI.	200 g	3 min.–3 min. 30 sec.	
Root vegetables	Carrots	For Auto Cooking, heat using LO.	200 g	About 4 min.	Yes
	Sweet potato	For thick sweet potatoes, heat using MED.			
	Taro	Rub peeled taro with salt and rinse in water to remove the sliminess.			
	Burdock root Lotus root	Immerse burdock root and lotus root in vinegar water to remove bitterness, then sprinkle with vinegar and heat.			
	Potato Radish	When you want to heat potatoes whole, turn the potatoes over after heating and let them stand for a while. If using Auto Cooking for diced potatoes, use LO.	150 g	About 4 min.	
			300 g	6 min.–7 min.	

Microwave Cooking Defrosting Raw Foods

Menu selection	Amount	Heating time (Microwave 100W)	Covering
Tuna (block)	200 g	4–6 min.	-
Squid (roll)	100 g	2–3 min.	-
Shrimp	10 (about 200 g)	3–5 min.	-
Fish fillet	1 fillet (about 100 g)	2–3 min.	-
Ground meat	200 g	5–7 min.	-
Sliced meat	200 g	4–6 min.	-
Chicken thigh (boneless)	250 g	6–7 min.	-
Chicken thigh (with bone)	250 g	7–8 min.	-

Microwave Cooking Defrosting Once-Boiled Frozen Vegetables

Menu selection	Amount	Heating time (Microwave 600W)	Covering
Mixed vegetables	100 g	1 min. 50 sec.–2 min. 50 sec.	-
Green beans	100 g	About 2 min.	-

● Remove any coverings, such as plastic wrap and lids. Place on a polystyrene foam tray and then heat.
● Let stand for three to five minutes after heating and let the food defrost naturally.

Microwave Cooking (Defrosting and Reheating Frozen Foods)

Menu selection	Amount	Heating time (Microwave 600W)	Covering
Frozen rice (2–3 cm thick block)	1 serving (150 g)	2 min.–2 min. 40 sec.	Yes
Frozen pilaf (loose)	1 serving (250 g)	3 min. 20 sec.–4 min.	Yes
Frozen spaghetti	1 serving (250 g)	3 min. 20 sec.–4 min.	Yes
Frozen hamburg steak	1 steak (100 g)	2 min. 30 sec.–3 min.	Yes
Frozen deep-fried food	2–4 pieces (100 g)	1 min. 50 sec.–2 min.	-
Frozen steamed meat dumplings	15 pieces (220 g)	3 min.–4 min. 20 sec.	Yes
Frozen meatballs (with sweet and sour sauce)	1 bag (200 g)	2 min.–3 min. 20 sec.	Yes
Frozen steamed meat dumplings	1 serving (200 g)	3 min. 50 sec.–4 min.	Yes
Frozen mixed vegetables	100 g	2 min.–2 min. 40 sec.	Yes
Frozen green beans	100 g	2 min. 40 sec.–3 min.	Yes
Frozen pumpkin	200 g	2 min.–3 min. 20 sec.	Yes
Frozen sweet corn	300 g	5 min.–6 min. 40 sec.	Yes
Frozen bean-paste bun/steamed meat bun	1 each (80 g)	50 sec.–1 min. 20 sec.	Yes

● When you heat bean-paste buns and steamed meat buns, remove the paper on the bottom, immerse in water, wrap loosely, place on a plate, and heat.
● When you heat bread and steamed buns, heat right before eating, as they will harden with time.
● For mixed vegetables, immerse in water, spread out on a plate, and then heat. When small amounts (less than 100 g) are covered with plastic wrap and heated, there may be sparks and the food may burn, or the food may dry out. (Refer to →P. E-39 When you heat small amounts (less than 100 g) of food.) Sprinkle a generous amount of water on the food and wrap in plastic wrap, or spread the food out on a plate or the like, add just enough water to cover the food, cover the con tainer with plastic wrap, and then heat.
● When you heat store-bought frozen foods (deep-fried foods, croquettes, and so on), place the food on a tray or in a container according to the food manufacturer's instructions, and place it in the center of the ceramic tray. For the heating time, use the heating time indicated by the food manufacturer for 500W, and heat the food.

The dash in the Covering column indicates that a covering such as plastic wrap or the like is not to be used.

Microwave Cooking Heating Rice and Side Dishes

Menu selection		Amount	Heating time (Microwave 600W)	Covering
Rice/Noodles	Rice	1 serving (150 g)	50 sec.–1 min.	-
	Fried rice/pilaf	1 serving (250 g each)	About 1 min. 50 sec.	-
	Spaghetti/Yakisoba (Japanese style fried noodles)	1 serving (250 g each)	About 2 min. 40 sec.	-
Grilled food	Grilled fish	1 serving (100 g)	About 1 min.	Yes
Deep-fried food	Hamburg steak	1 steak (100 g)	About 1 min.	-
	Deep-fried foods	2–4 pieces (100 g)	40-50 sec.	-
Sautéed food	Croquettes	2 pieces (150 g)	50 sec.–1 min.	-
	Sautéed vegetables	1 serving (200 g)	About 1 min. 50 sec.	-
Boiled food	Chop suey	1 serving (300 g)	About 2 min. 40 sec.	-
	Boiled vegetables	1 serving (200 g)	1 min. 50 sec.–1 min.	-
Steamed food	Boiled fish	1 piece (100 g)	About 50 sec.	Yes
	Steamed meat dumplings	1 serving (200 g)	About 1 min. 50 sec.	-
Soups	Soup/consommé	1 serving (150 g)	1 min.–1 min. 50 sec.	-
	Curry/stew	1 serving (200 g each)	About 1 min. 50 sec.	Yes
	Potage soup	1 serving (150 g)	1 min. 40 sec.–2 min.	-
Beverages	Milk	1 serving (200 ml)	About 1 min. 40 sec.	-
	Coffee	1 serving (150 ml)	About 1 min. 10 sec.	-
Breads	Hamburger	1 hamburger (100 g)	30–40 sec.	-
	Hot dog	1 hot dog (80 g)	20–30 sec.	-
	Butter rolls	2 (60 g)	About 20 sec.	-
Steamed bun	Bean-paste bun/steamed meat bun	1 each (80 g)	30–40 sec.	Yes

● When you heat grilled fish, boiled fish, curry, or stew, cover the container, as the food may spatter during heating.

Steam/Microwave Cooking (Heating Rice and Side Dishes) (Defrosting and Reheating Frozen Foods)

Reheat foods that you want to make moist and soft, or side dishes that harden easily.

Menu selection	Amount	Heating time (Microwave / Steam)	Covering
Rice	1 serving (150 g)	2 min.–2 min. 30 sec.	-
Steamed meat dumplings	8 pieces (160 g)	2 min. 30 sec.–3 min.	-
Meat bun	1 bun (100 g)	1 min. 30 sec.–2 min.	-
Yakisoba (Japanese style fried noodles)	1 serving (250 g)	3–4 min.	-
Hamburg steak	1 steak (100 g)	2 min.–2 min. 30 sec.	-
Grilled fish	1 serving (100 g)	2 min.–2 min. 30 sec.	-
Boiled fish	1 piece (100 g)	2 min.–2 min. 30 sec.	-
Hamburger	1 hamburger (100 g)	1 min. 30 sec.–2 min.	-
Hot dog	1 hot dog (80 g)	1 min.–1 min. 30 sec.	-
Frozen steamed meat dumplings	15 pieces	7–9 min.	-
Frozen meat bun	(240 g)	2–3 min.	-
Frozen meat ball	1 bag (100 g)	3–4 min.	-

Oven Cooking Grill Cooking

Menu selection		Amount	Tray rack	Temperature	Heating time Preheat Yes	Heating time Preheat No	Reference page
Gratin	Macaroni gratin	4 plates	Bottom	210°C	15–21 min.	24–30 min.	E-72
Pizza	Pizza	For 1 metal tray each		180°C	20–25 min.	25–30 min.	E-73
	Calzone						
Cake	Decorated cake	Diameter 15 cm	Bottom	150°C	30–35 min.	38–42 min.	E-76
		Diameter 18 cm			35–40 min.	42–46 min.	
		Diameter 21 cm			36–42 min.	43–48 min.	
Bread	French bread (Bâtard/Coupe/Epi bread/Bacon Epi bread)	For 1 metal tray each		200°C	30–35 min.		E-82 · E-83
	Quick Bread	8 pieces		180°C	22–27 min.	25–30 min.	E-84 · E-85
	Graham bread	1 piece					

• Use with the metal tray placed on the tray rack.
• If you are concerned about uneven cooking, turn the food around during heating so that the front and back are reversed. If you are concerned about uneven cooking in the vertical direction, switch the metal tray from the upper rack to the bottom rack. You should make the switch after 2/3–3/4 of the heating time has passed.
• When you cook an oven recipe from a store-bought cookbook, or when you use store-bought dough, use the temperature and time of a similar menu option in the Recipes section as a reference, and cook the food using Manual Cooking and keep an eye on it as it cooks.
• For skewered chicken, flip the food over halfway through the grilling time, and continue grilling.

Maintaining the Main Unit/Accessories

●The oven should be cleaned regularly and any food deposits removed.
●Failure to maintain the oven in clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in hazardous situation.

Steam outlet

● Some white spots may remain after you use steam. Wipe the steam outlet frequently with a well-wrung wet dishcloth.

Ceramic tray

Wipe with a well-wrung wet dishcloth.

● For dirty spots that are difficult to remove with a dishcloth, apply a small amount of commercially sold cream cleanser (with an abrasive compound) onto some plastic wrap, and scrub the area to make it easier to remove the dirt.
● Do not use force to scrub the seal that is around the outer circumference. It may peel off.

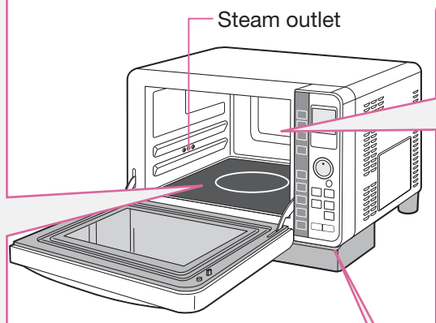
The ceramic tray may break if it is bumped or struck.

● If the ceramic tray becomes cracked or broken, do not use it in that condition. Please consult with the Service Center. Using the ceramic tray if it is damaged will result in malfunctions.

Rack/Metal tray/Water tank

Squeeze some mild detergent for kitchen use onto a sponge, remove the dirt, and rinse with water. Be sure to wipe off the water thoroughly.

● Do not place the water tank inside a dishwashing dryer, dish dryer, or dishwasher. The water tank will become deformed and damaged.
● If the metal tray is immersed in an acidic water solution such as vinegar or baking soda, or in an alkaline water solution, the surface may become bleached.



Interior walls, front, inside of door,

Wipe with a well-wrung wet dishcloth.

● Wipe off drops of water on the inside of the oven cavity with a well-wrung wet dishcloth.
● If there is excessive dirt, squeeze some mild detergent for kitchen use onto a cloth, and wipe the dirt with the cloth. Make sure to wipe off the detergent afterwards with a well-wrung wet dishcloth.

Exterior • Door seal

Wipe with a soft cloth.

● If there is excessive dirt, squeeze some mild detergent for kitchen use onto a cloth, and wipe the dirt with the cloth. Make sure to wipe off the detergent afterwards with a well-wrung wet dishcloth.

Inside of door on the front

● As there is a gap in the joined sections, be careful not to spill any beverages or soups.

Drip tray

Wrap some soft cloth around the end of a disposable chopstick or the like and use it to wipe the drip tray.

⚠ CAUTION

(Will result in rusting)
Do not scrub the metal tray or rack with a metal scrubbing brush or a sharp object.

(Will result in injury and damage)
Do not scrub the ceramic tray with a metal scrubbing brush or sharp object.

(Will result in rusting, electrical shock, and malfunctions)
Do not spray water onto the outer cover, door, or control panel, or inside the oven cavity

(Will result in scratches and deformation)
Do not wipe the control panel or door with oven cleaners, thinners, benzene, glass polish sprays, bleaching agents, and so on.

★If you use disposable wet wipes, use them according to the instructions provided for the wet wipes.
★Do not use a steam cleaner.

Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass since they can scratch the surface, which may result in shattering of the glass.

(Will result in sparks, rusting, foul odors)
Do not leave any food crumbs or juices on the inside walls of the oven cavity. The dirt will become difficult to remove.

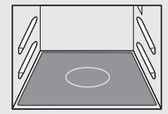
● The inside of the oven cavity is treated with a coat of paint. As it is easily scratched, do not scrub it with a hard object such as a scrubbing brush.
● Smoke may occur during cooking.

(Will result in injury and damage)
Do not bump or strike the ceramic tray.

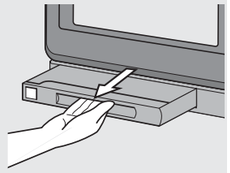
How to Drain the Water

After steam cooking is complete, drain the water from the pipe.

Empty the oven cavity and close the door.



1 Check to make sure that 0 is shown in the display area, and pull the water tank out from the main unit.



2 Press Cleaning Deodorizing once, and select 27 Cleaning.

Each time you push the button, you can make selections in the order ▶ 27 Cleaning ▶ 28 Deodorizing ▶ 27 Cleaning.

3 Press Start Reheat and start.

When you hear the completion sound, draining is complete.

● After the water has drained, put the water tank back.
Wipe off the drops of water on the inside of the oven cavity using a well-wrung wet dishcloth.

⚠ CAUTION

(Will cause burns and injury)

● **During heating for 27 Cleaning and after it is complete, do not bring your face near the oven or open the door.**
Even after heating is complete, steam may be released in some areas, or hot water may burst out.
● **If you interrupt 27 Cleaning, and after it is complete, do not touch the steam outlet on the side of the oven cavity.**
The area around the steam outlet is very hot, and touching this area will result in burns. Even if the oven cavity is not hot, the steam outlet and screws may be at a high temperature.

Removing Unwanted Smells (Deodorizing)

Cleaning Deodorizing Use 28 Deodorizing.

For the operating procedure, refer to How to Run the Oven Empty (Deodorizing). →P. E-5

Use this function when you want to cook another type of food after grilling fish, or when you are concerned about the odor of the oven cavity.
You can remove grease buildup in the oven cavity and reduce odors.
• There may be a smell of burning oil, or there may be smoke. Open a window or ventilate the area using a fan.

Deodorizing Mechanism

The high heat from the heaters (oven heating) raises the temperature in the oven cavity to a high level. The oil and odor components remaining in the oven cavity are broken down and are emitted to outside the oven cavity.
Food crumbs that remain in the oven cavity are not removed. Wipe them off beforehand. (Due to the high temperature, they may cause smoke, as well as ignition.)

How to Clean the Oven Cavity

Steam is generated, making it easy to wipe off the dirt inside the oven cavity.

Empty the oven cavity and close the door.

1 Check to make sure that 0 is shown in the display area. Fill the water tank with water, and insert the water tank into the oven.
(How to Use the Water Tank →P. E-17)

2 Press Cleaning Deodorizing once, and select 27Cleaning.

3 Press Start Reheat.

When you hear the completion sound, clean the oven cavity according to the following procedure.

4 Wipe off the dirt after the oven cavity has cooled down.

5 After you finish cleaning the oven cavity, drain the water from the pipe (inside the main unit).
For the operating procedure, refer to How to Drain the Water at the top of this page.

When Food Does Not Turn Out Well

To ensure that food is cooked efficiently, place the food in the center of the ceramic tray. →P. E-20

Reheating Rice

Rice is not heated The doneness is uneven.	●Are you placing the rice in a plastic container and then heating it? Place the rice in a ceramic or porcelain container (such as a bowl), and heat without covering it. ●Heat with the rice placed in a container (a bowl or the like) of a size and weight that match the amount (weight) of the rice. ●When you reheat two to four servings at once, place the rice in containers of the same weight and size, arrange the containers around the center of the ceramic tray, and then heat.
Rice is too hot.	●Are you using a container that is too large relative to the amount (weight) of rice? ●Reheat using 1 Reheat and the doneness adjustment M-LO.
Rice is not heated efficiently using 9 Steam Reheat.	●Fill the water tank with water up to the Full line, and then heat. ●Place the rice in a container (a bowl or the like) and heat without covering it with plastic wrap or the like.
Rice is dry.	●Use 9 Steam Reheat, or when you heat using 1 Reheat at the doneness adjustment M-LO, spray water on the rice before heating to make it moist.
Frozen rice is not heated. The doneness is uneven.	●Arrange the rice such that the portion with overlapping edges of plastic wrap is on the bottom, and heat the rice. ●Are you placing the rice in a plastic container and then heating it? Rice will not be heated efficiently. ●The size and weight of the container (flat dish) you use should match the amount (weight) of the frozen rice. ●When you freeze rice, divide it into single servings (about 150 g), and form square blocks that are two to three centimeters thick. ●When you reheat two or more blocks of frozen rice, heat blocks that are the same weight and size. Doing otherwise will result in uneven heating. ●When you reheat two or more blocks of frozen rice, arrange them with a space between them, and do not stack the blocks on top of each other.
Frozen rice is too hot.	●Are you using a container that is too large relative to the amount (weight) of rice? ●Has the rice started to melt? Heat the rice immediately after taking it out of the freezer.

Defrost

Defrosting is insufficient, and food is hard.	●Are you heating the food without taking the covering off? ●Defrost the food so that it ends up being semi-defrosted (70%–80% defrosted). After heating, let the food stand for three to five minutes to let it naturally defrost nicely. ●You need to set the doneness adjustment according to the food (meat, sashimi, and so on) and the intended use (whether you will cook the food immediately after defrosting, or eat the food raw). For sashimi, set the doneness adjustment to LO. ●Place the food in the middle of the ceramic tray and heat it.
The food boiled	●Are you heating after filling the water tank with water? If food is heated with no steam being emitted, the food may be overcooked. ●Are you heating with the food placed on top of a plate? Heat with the food placed on top of a polystyrene foam tray. ●When the thickness and shape of the food are uneven, thin parts will easily become cooked. For fish and the like, wrap the tail with aluminum foil. ●When freezing, be sure to arrange the thickness of the food to be three centimeters or less. ●When heating, remove packaging such as plastic wrap. ●When defrosting two or more pieces of food at the same time, make sure that they are the same type and size of food. ●When defrosting sashimi, use 13 Defrost and set the doneness adjustment to LO.

Reheating Side Dishes

Food is not hot even if reheated.	● Are you heating the food without taking off the plastic wrap or lid? ● Food will not heat if it is in a metal container or covered with aluminum foil. ● Place the food in the middle of the ceramic tray and heat it. ● If foods that have been stored differently (room temperature, chilled, frozen) are heated together, the food will not heat well.
The food becomes too hot when reheated.	● Is the amount of food to be reheated too small? Make sure the weight is 100 g or more. ● Are you using Auto Cooking for additional heating of food that was heated to be lukewarm using Auto Cooking? For additional heating, use Microwave 600W or Microwave 500W and check on the food as it heats. ● Heat using Microwave 600W or Microwave 500W, and keep an eye on the food as it cooks.
Curry and stew are not heated.	● For foods with a certain thickness, cover the container with plastic wrap and heat by setting the doneness adjustment to M-HI or HI. →P. E-21 ● Mix after heating.
Frozen foods are not heated.	●Heat using 2 Defrost & Reheat. →P. E-24 ●Place the food in the middle of the ceramic tray and heat. ●If a container that is too large relative to the amount of food is used, or if food is heated with the lid on, it will not heat well. ●Is the part where the edges of the plastic wrap overlap on top when you heat the food? Place the food such that the part where the edges of the plastic wrap overlap is on the bottom.

Reheating Milk

The milk is too hot.	●Is the amount (weight) of milk too small? When the amount of milk is less than half that of the container, reheat using Microwave 600W. ●Are you reheating lukewarm milk? ●Did you press the wrong button? The milk will be hot if you heat it using 1 Reheat. ●3 Milk registeres the scale of doneness adjustment. Check the setting of the scale.
The milk is lukewarm.	●Fill the container so that it is about 80% full, and heat the milk. ●Are you heating the milk as-is, in the store-bought carton? Heat the milk in a mug or the like. ●Check the set quantity (one to four cups) and doneness adjustment scale. ●Heat with the milk placed in the center of the ceramic tray. When you heat two to four servings at once, make the amounts (volumes) about the same, arrange them around the center of the ceramic tray, and then heat them.

When Food Does Not Turn Out Well (Continued)

Vegetables

Vegetables are not boiled well.	●Heat vegetables with them bundled in plastic wrap and placed directly in the center of the ceramic tray. ●If you heat a bundle of vegetables with a side with many layers of plastic wrap on top, the vegetables will not boil well. ●You can heat 100—300 g of leafy vegetables such as spinach, and 100—600 g of root vegetables such as potatoes. If there are too few or too many, the vegetables will not boil well.
Leafy vegetables such as spinach are dry, or they are heated unevenly.	●Bundle leafy vegetables such as spinach in plastic wrap after you wash them, without draining the water from the vegetables. ●When you bundle vegetables in plastic wrap, alternate stalks and leafy parts, and wrap them tightly. If the wrapping is loose, or if the vegetables are spread out, they will not be heated well.
When you wrap fruit vegetables such as broccoli	●Divide fruit vegetables such as broccoli into small clusters, arrange them in a single layer without any spaces between them, and wrap them tightly.
When root vegetables such as potatoes and carrots are being overheated.	●Place the vegetables in the center of the ceramic tray with the side where the ends of the plastic wrap overlap on the bottom. ●Auto Cooking cannot be used for food weighing less than 100 g. Use Microwave 500W and check on the food as it heats.
Potatoes were not heated sufficiently.	●Do not remove the plastic wrap immediately after heating. Flip the potatoes over and let them stand for a while, to let them steam.

Sweets

Cake	**The cake does not rise well.**	●Did you beat the eggs well? ●Beat the eggs thoroughly so that you can make a stiff peak with the foam that drops from the end of the hand mixer or egg beater. →P. E-76 ●Did you mix the mixture too much after adding flour or butter?
	No matter how much the eggs are beaten, they do not foam well.	●Eggs do not foam well when there is water or oil on the bowl used for beating them, or on the egg beater. Use fresh eggs.
	The mixture is lumpy, and clumps of flour remain.	●Did you sift the flour well while mixing it in? ●After adding the flour, mix steadily until the powder is blended in smoothly.
	The cake does not bake well.	●For information on the temperature and baking time when you bake using Manual Cooking, refer to Heating Times for Manual Cooking. →P. E-49 ●Bake the cake in a mold that is appropriate for its weight.
Cream puffs	**The cream puffs do not rise well.**	●Did you measure the weight correctly? ●Refer to the information on how to make cream puffs →P. E-80 . When you heat the butter and water in Step ❷, be sure to boil the mixture thoroughly.
	The sizes are uneven.	●Did you squeeze out the dough in the same size portions? If the amounts of dough differ, there will be unevenness when the cream puffs are baked.
Cookies	**The color is uneven after baking.**	●Make sure that you divide the batter into portions of about the same size and thickness.

Bread

Toast	**The toast does not brown.**	●Toast using Manual Cooking (grill heating), and adjust the heating time as you check on the food.
Butter rolls	**The rolls do not rise well.**	●Did the dough leaven sufficiently? If the surface of the dough is dry during leavening, add some moisture by misting the dough. ●Are you handling the dough roughly when you form the shape? Handle the dough gently.
	Rolls are not browning evenly.	●If the sizes of the dough rolls differ, there will be unevenness when the rolls are baked.

Other

● Grilled mochi and whole fish will not grill well.

Troubleshooting

Situation		Cause
Does not function	**The power does not turn on. The oven does not respond, even when 1 Reheat is pressed. The oven does not respond, even when any button is pressed. The oven does not heat.**	●Has the plug come out of the electrical outlet? ●Is there a blown fuse in the fuse box, or is the breaker thrown? ●Is 0 shown in the display area? If nothing is displayed, open and close the door. 0 is displayed. (The Standby Power Zero Watt function is operating.) →P. E-2 ●Is the door closed firmly? ●Does the oven function normally after reopening and reclosing the door? ●Does the oven function normally if you switch the breaker off and on, and open and close the door?
	The food is not heated at all.	After pressing the Cancel key, are only M and 0 shown in the display area? The store use mode has been set. Press Cancel three times and Quick Defrost once. After repeating this operation three times, the M in the display area disappears and food can be heated.
	There is no steam.	●Is there water in the water tank? ●Is the room temperature low? The water path may be frozen. ●If you continuously use water with a high concentration of calcium, a chalky substance builds up in the steam boiler, and steam may not be emitted. Ask the Service Center to repair the oven.
Noise · Sparks · Smoke · Foreign matter	**There is a clicking sound during heating.**	This is the sound that is produced when the microcomputer switches between the microwave and heater, and so on.
	There is a static-like sound during heating.	This is the sound of the inverter functioning.
	There is a sharp popping sound during microwave heating.	This is the sound of bursting drops of water, which had adhered to the contact surface of the door and oven cavity.
	There is a hollow popping sound during oven and grill heating.	Due to the high temperatures involved, there may be some cases where you hear the sound of the oven cavity expanding, but this is not a malfunction.
	There are noises when using steam.	This is the sound of the air when water is absorbed from the water tank.
	Some time after cooking is complete, there is a clicking sound.	This is the sound of the standby power turning off, which occurs when 10 minutes have passed after closing the door after cooking is complete.
	Even when cooking ends, the fan makes a whirring noise.	After cooking is complete (when the total cooking time is 10 minutes or longer) or when Cancel is pressed, sometimes the fan may run for about 10 minutes in order to cool down electrical components, but this is not a malfunction. When cooling is complete, the fan stops automatically.
	The completion sound changes, or the sound turns off.	Open and close the door to show 0 in the display area. Then, press Temperature/Doneness ∨ for three seconds. A beep sounds, and the type of completion sound switches. In the same way, you can switch between the buzzer sound and no sound. →P. E-21
	When the power plug is plugged in, there is a clicking sound or sparks.	This is for charging the power circuit, and is not a malfunction.
	There was smoke when using the oven for the first time.	The oven cavity is coated with oil to prevent rusting. When you use the oven for the first time, run the oven empty to burn off the oil. →P. E-5

Troubleshooting

	Situation	Cause
Noise · Sparks · Smoke · Foreign matter	**If smoke occurs during cooking.**	Leaving scraps of food, splattered oil, and the like in the oven cavity may cause it to smoke during cooking. Always clean the over after cooking.
	There are sparks when using the microwave.	●Are you using the metal tray by mistake? ●Are you placing aluminum foil on the rack? ●Are the walls of the oven cavity, glass door, and so on in contact with metal cooking goods or aluminum foil? ●Are there food crumbs or the like on the ceramic tray and so on?
	A residue of white matter is encrusted on the steam outlet.	The components of the white matter are what remain when the minerals contained in tap water (calcium and magnesium) evaporate. The minerals are not harmful. Wipe them off using a well-wrung wet dishcloth.
Drops of water · Oven lamp · Heater	During heating, the display area and door become cloudy, and drops of water fall.	Depending on the menu option, the moisture from the food becomes water vapor, and the display area and the inside of the door may become cloudy. When dew forms on the inside of the door and drops of water fall to the floor, wipe them up with a dishcloth.
	There are drops of water on the inside of the oven cavity.	Due to steam cooking, and depending on the menu option, the water vapor that is emitted from the food may adhere to the inside of the oven cavity as drops of water, or may accumulate on the bottom of the oven cavity. Wipe the drops of water off frequently. →P. E-50
	Steam leaks from the door.	Although small amounts of steam may be emitted, this is not an abnormality.
	The oven lamp turns off during oven preheating.	During preheating, the oven lamp is turned off in order to save energy. Press Start Reheat button during Oven preheating in order to light the oven lamp for five seconds.
	There are times when the brightness of the oven lamp changes.	During intermittent operation, the brightness of the oven lamp may change. This is not a malfunction.
Settings · Display·Other	**Sometimes it is not possible to set the temperature to 250°C.**	When the oven cavity is hot, the maximum temperature that can be set is 210°C.
	There are times when the set temperature changes.	During Oven heating (preheat Yes), the operation time at 250°C is about five minutes. Afterwards, the temperature automatically switches to 210°C.
	Display of the oven cavity temperature during preheating increases or decreases by 10°C—20°C.	The temperature display changes until the oven cavity temperature stabilizes. This is not a malfunction.
	Preheating ended before the specified preheat temperature was displayed.	Preheating may end before the set temperature is displayed, due to the impact of the room temperature, power supply voltage, and so on. In addition, when 30 minutes pass after preheating has started, preheating stops. When preheating stops and the oven is left as-is, preheating continues for 10 more minutes and then the oven heats for the specified amount of time.
	The time remaining changed during heating.	During Auto Cooking, the remaining heating time may change during heating in order to make the food cook efficiently.
	Heating is cancelled when the door is opened.	When the door is opened when a remaining heating time is not displayed in Auto Heating, heating is cancelled.
	The Refill Water display on the control panel lights up, and food is not cooked well using the steam menu.	This is because there is no water in the water tank. Refill the tank with water. After about one to two minutes, the Refill Water display is cleared. Even if you refill the water tank with water, there may be some cases where the Refill Water display is not cleared in Auto Cooking.
Settings · Display·Other	Food is not cooked well when cooking based on oven recipes from a store-bought cookbook, or when store-bought dough is used.	Use the temperature and time of a similar menu option in the Recipes section as a reference, and cook the food using Manual Cooking and check on it as it cooks. →P. E-49
	Whether or not superheated steam is being emitted is not clear.	As the superheated steam particles are extremely fine, you cannot see them.

When Notices Are Displayed

Display Examples	Cause · Content of Notice	How to Resolve
	●There is no water in the water tank.	Fill the water tank with water. →P. E-17
	●Because the oven cavity is hot, the infrared sensor cannot accurately measure the temperature of food, and so heating is not possible. (Example: After cooking is complete or after 28 Deodorizing, or if 1 Reheat or 13 Defrost is used while the oven cavity is hot.)	Open the door and thoroughly cool the oven cavity (15–30 minutes).
※※represents a two-digit number. H※※ display example 	●Operation is stopped when an abnormality in the machinery is detected or when there is temporary malfunction arising from the effect of external electrical noise and the like. ●Parts malfunction display	Press Cancel. (The H※※ display is cleared.) Alternately, pull out the power plug, plug it in again, open and close the door, and turn the power on once more.

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■Heating times: Approx. 5 min.: Heat for about five minutes
5–10 min.: Heat for around five to ten minutes
■Heating times are based on room-temperature food ingredients.
■The milliliters (ml) used in the recipe book are equivalent to 1 cc.
■Photos show the dishes prepared and ready to serve.

This table provides the gram (weight) equivalents for the cup, teaspoon, and tablespoon measurements used in this Cooking Guide.

Gram equivalents for standard cup, teaspoon, and tablespoon measurements (1mL=1cc)

Measurement / Ingredient	Tsp (5 ml)	Tbsp (15 ml)	Cup (200 ml)	Measurement / Ingredient	Tsp (5 ml)	Tbsp (15 ml)	Cup (200 ml)
Water, vinegar, sake	5	15	200	Tomato purée	5	15	210
Soy sauce, mirin (sweet cooking wine), miso paste	6	18	230	Worcestershire sauce	6	18	240
Salt	6	18	240	Mayonnaise	4	12	190
Sugar (baker's sugar), starch	3	9	130	Grated Parmesan cheese	2	6	90
Flour (cake flour)	3	9	110	Fresh cream	5	15	200
Flour (bread flour)	3	9	110	Oil, butter, lard	4	12	180 (Lard: 170)
Bread crumbs	1	3	40	Cocoa	2	6	90
Powdered gelatin	3	9	130	White rice	—	—	160
Ketchup	5	15	230	Cooked rice	—	—	120

• The ▭ shown in the recipes indicates Auto Cooking, while ▭, ▭, and ▭ indicate Manual Cooking functions.

Reheating

Steam reheating

Auto Cooking

Food &Drink

Microwave

3 Milk

→P. E-26

Water tank

Empty

Warm Milk

Pour the milk into a mug or glass. Press Food & Drink and 3 Milk to heat.

[Tips]

- See hints for warming milk on →P. E-27

Auto Cooking

Steam Reheat

Microwave
Steam

9 Steam Reheat

→P. E-28

Water tank

Full

Reheating Rice

Ingredients (one serving)
1 cup rice (150 g)

Directions

❶ Fill the water tank to the full line, and insert it into the main unit.
❷ Leave the rice uncovered. Press Steam Reheat and 9 Steam Reheat to heat.

Reheating Side Dishes

Ingredients (1–5 servings)
100–300 g Yakisoba (Japanese style fried noodles) or other side dish

Directions

❶ Fill the water tank to the full line, and insert it into the main unit.
❷ Leave the rice uncovered. Press Steam Reheat and 9 Steam Reheat to heat.

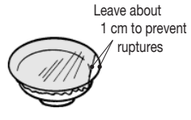
Hints for using the 9 Steam Reheat function

- See →P. E-29 for hints and tips
- This function will not work well for frozen rice or prepared frozen side dishes. Use the 2 Defrost & Reheat function instead.

→P. E-24, E-25

Instant foods

- If microwave instructions are printed on the packaging, refer to them for cooking.
- Reheat times are based on the Microwave 600 W setting. →P. E-38 (1 ml = 1 cc)

Type of food	Directions and hints	Cooking time
Ramen and other instant noodles (bag or foam bowl)	**Remove the noodles from their cup or bag and transfer to a ceramic or heat-resistant bowl. Add 400–500 ml water (enough to cover the noodles) and cover with plastic wrap as shown.** • Add the seasonings as indicated by the manufacturer. • Use a bowl that allows you to completely submerge the noodles in water. • Stir well after heating. 	Cup noodles (standard size) Microwave 600W 4–5 min. Bagged ramen noodles Microwave 600W 6–7 min.
Curry or rice bowl toppings (ready-made boil-in-bag type)	**Remove the food from the bag and transfer to a ceramic or heat-resistant bowl. Cover with plastic wrap or a lid.** • Stir well after heating. • Dishes like rice porridge should be left to stand for a few minutes after cooking to soften. Note: Sauces that contain squid, shrimp, whole mushrooms, or similar ingredients may splatter, as can curries and other thick sauces. (Remove whole mushrooms before cooking and add them once heating is complete.)	1 Reheat
Rice dishes (Vacuum packed)	**Remove the rice from its packaging and transfer to a ceramic or heat-resistant bowl. Break up the rice into small chunks and cover with plastic wrap or a lid.** • Stir well after heating. • Follow the manufacturer's directions if cooking in the original packaging. Poke holes in the top or vent, and then place the package in the center of the ceramic tray in the oven cavity. Use the manual cooking function to cook. • Follow the cooking times printed on the package, checking the rice often. →P. E-22	1 Reheat

Auto Cooking

Steam Reheat

Steam
Microwave

10 Steamed Bun (Chilled)
11 Steamed Bun (Frozen)

→P. E-28

Water tank

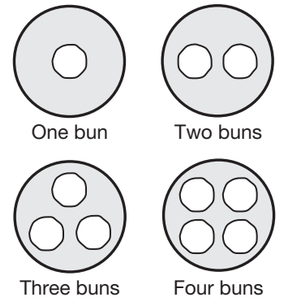
Full

Steamed Buns (Reheating)

Ingredients
1–4 steamed buns (about 100 g each)

Directions

❶ Fill the water tank to the full line, and insert it into the main unit.
❷ Arrange the buns on a plate as shown in the figure. Place the plate in the center of the ceramic tray.
❸ Press Steam Reheat and 10 Steamed Bun (Chilled), and enter the number of buns to heat. (For frozen buns, dip in water and arrange on a plate as shown. Press Steam Reheat and 11 Steamed Bun (Frozen), and enter the number of buns to heat.)



Hints for reheating steamed buns

●**Number of servings**
The unit allows you to set the function to reheat between one (100 g) and four (400 g) buns.

●**Use the doneness adjustment to adjust for size and weight**
For buns 80–90 g each, use the M-LO or LO setting. For buns 110–150 g each, use the M-HI or HI setting.

●**Frozen meat buns**
This function may not reheat frozen meat buns correctly, depending on the manufacturer, shape, or how they have been stored. Use the doneness adjustment to cook properly. If the buns heat unevenly, cover them in plastic wrap and allow them to stand before serving.

●**Bean-paste bun**
Use the M-LO or LO doneness adjustment.

●**Cook uncovered**
Do not cover the buns in plastic wrap or a lid.

●**Choose the right plate**
Use a ceramic or similar plate that is big enough to hold all of the buns.

●**Cover the underside with paper**
Buns that are already sitting on a piece of paper can be cooked as-is. For buns without paper, spread a cooking sheet on the plate before heating.

●**If the buns are underdone**
Continue cooking using the Steam Microwave function, checking the buns often →P. E-45.

Auto Cooking

Steam Reheat

Steam
Microwave

12 Steamed Meat Dumplings

→P. E-28

Water tank

Full

Steamed Meat Dumplings (Reheating)

Ingredients
100–300 g chilled meat dumplings

Directions

❶ Fill the water tank to the full line, and insert it into the main unit.
❷ Remove the dumplings from their packaging and arrange them on a plate so that they do not touch one another.
❸ Press Steam Reheat and 12 Steamed Meat Dumplings to heat. Serve with hot mustard and soy sauce.

Hints for using the 12 Steamed Meat Dumplings function

●**Number of servings**
Do not heat more or less than the amount shown.

●**Add water before cooking**
For softer dumplings, dip them in water or spray with water before cooking.

●**Recommended dish**
Cook in a 22–25 cm ceramic or heat-resistant dish.

●**Cook uncovered**

●**If the dumplings are underdone**
Continue cooking using the Steam Microwave function, checking the dumplings often →P. E-45.

Boiled dishes

Auto Cooking

Food &Drink

Microwave

4 Leafy Vegetables

5 Root Vegetables

→P. E-30

Water tank

Empty

Vinegared Cabbage

Ingredients (4 servings)

200 g cabbage (cut into bite-size pieces)

Ⓐ
- 2 tbsp vinegar
- 1 tbsp soy sauce
- ½ tsp each sugar and sesame oil
- Dash each of chili oil and Thai pepper (sliced thin)

Directions

❶ Cover the cabbage in plastic wrap and cook using the Food & Drink and 4 Leafy Vegetables function. Drain.

❷ In a bowl, combine the ingredients in Ⓐ. Press Microwave 600W, and enter Approx. 30sec. to cook. Allow to cool, and then add to the cabbage. Chill the mixture in the refrigerator.

Manual Cooking (Microwave Heating) →P. E-38

Hints for using the 4 Leafy Vegetables and 5 Root Vegetables functions →P. E-31

(For other vegetables →P. E-48)

●Prepare ingredients according to their shape and size

Leafy or flowering vegetables with thick stems should be scored with an X before cooking. Separate large clusters into smaller pieces.

Cut root vegetables into equally-sized pieces or choose whole vegetables of approximately the same size.

●Skim or drain as needed

Vegetables like spinach need to be soaked into water immediately after cooking. Vegetables like eggplant and cauliflower should be soaked in lightly salted or vinegared water to remove impurities before cooking.

●Wrap vegetables tightly while still wet and place directly on the ceramic tray

Do not use a bowl or plate.

Italian Salad

Ingredients (4 servings)

200 g string beans

2 large potatoes (400 g)

12 slices salami

60 g white cheese (cut into 1-cm cubes)

12 pimento-stuffed olives (sliced thin)

Ⓐ
- 8 anchovy fillets (finely chopped)
- ¼ cup onion (diced) (50 g)
- 1 tbsp parsley (chopped)
- 1 tbsp lemon juice
- Dash of pepper

½ cup olive oil

Lemon slices to taste

Directions

❶ Remove the stems from the string beans. Cut longer ones in half and cover in plastic wrap. Cook using the Food & Drink and 4 Leafy Vegetables function.

❷ Wash and scrub the potatoes. Do not peel. Cover in plastic wrap and cook using the Food & Drink and 5 Root Vegetables function. Peel while still hot and cut into 1-cm semicircles.

❸ Combine Ⓐ in a bowl. Stir together, adding the olive oil to make the dressing.

❹ Pour the dressing over the rest of the ingredients. Transfer to bowls and serve with lemon wedges.

Grilled and baked dishes

Auto Cooking

Steam Cooking

Steam Oven

17 Baked Potato

→P. E-35

Metal tray Bottom

Water tank

Full

Baked Potato

Ingredients (4 potatoes)

4 potatoes (150 g each)

Directions

❶ Fill the water tank to the full line, and insert it into the main unit.

❷ Poke holes in the potatoes with a fork or make shallow cuts with a knife. Arrange the potatoes on top of the metal tray and insert it in the bottom rack. Press Steam Cooking and 17 Baked Potato to cook.

❸ After cooking, stick the potatoes with a toothpick. If it passes through easily, they are done.

Baked Sweet Potato

Directions

Using 4 sweet potatoes (250 g each), follow the directions for the baked potatoes recipe.

[Tips]

Use the LO doneness adjustment when baking thin (180g or less) or small (130 g or less) sweet potatoes.

Hints for using the 17 Baked Potato function

●Number of servings

Makes 2–6 potatoes

●If the potatoes are underdone

Use the following functions to continue cooking the potatoes, checking often: Oven, Preheat No, 190°C.

→P. E-44

Auto Cooking

Superheated Steam

Oven Superheated Steam Grill

26 Roasted Vegetable

→P. E-36

Metal tray Top

Water tank

Full

Oven-grilled Vegetables

Ingredients (4 servings)

500 g assorted vegetables (squash, sweet potato, red pepper, yellow pepper, yacon, broccoli, eggplant, asparagus, king trumpet mushroom, tomato, cauliflower, etc.)

Dash of salt and pepper

1 tbsp each olive oil and water

Directions

❶ Fill the water tank to the full line, and insert it into the main unit.

❷ Cut the vegetables into bite-size pieces and sprinkle with salt, pepper, olive oil, and water.

❸ Arrange the coated vegetables on the metal tray. Insert the tray into the top rack and press Superheated Steam and 26 Roasted Vegetable to cook.

[Tips]

- You can make a marinade for the vegetables by combining chopped parsley, 2 tbsp olive oil, and 2 tsp wine vinegar.
- You can prepare a ravigote sauce to top the vegetables by making French dressing (1 tsp salt, 1 tsp mustard, dash of pepper, 3 tbsp vinegar, 6 tbsp salad oil) and adding half of a finely chopped onion.

Pork-wrapped Vegetable Rolls

Doneness Adjustment HI

Ingredients (4 servings)

300 g thinly sliced pork (for shabu-shabu)

250 g assorted vegetables (squash, red pepper, yellow pepper, yacon, okra, mizuna greens, asparagus, enoki mushrooms, yam, etc.)

Dash of salt and pepper

Directions

❶ Fill the water tank to the full line, and insert it into the main unit.

❷ Cut the vegetables into 5-cm strips. Lay the meat slices flat so that they will be easy to roll up.

❸ Put vegetables on each piece of meat and roll together, starting at the edge. Sprinkle with salt and pepper.

❹ Arrange the rolls edge-side down in the center of the metal tray. Insert the tray into the top rack. Set the doneness adjustment to HI and press Superheated Steam and 26 Roasted Vegetable to cook.

Pork and Vegetable Skewers

Doneness Adjustment HI

Ingredients (6 skewers)

300 g pork cubes

Ⓐ
- 1 tbsp ginger juice
- 1 small clove garlic (chopped)
- 2 tbsp sake
- 2 tbsp soy sauce
- 1½ tbsp honey

250 g assorted vegetable chunks (green onion, okra, yam, zucchini, squash, red peppers, green peppers, etc.)

Directions

❶ Fill the water tank to the full line, and insert it into the main unit.

❷ Cut the pork cubes into bite-size pieces. Combine the ingredients in Ⓐ with the pork cubes and marinate for 1–2 hours.

❸ Thinly slice the zucchini and squash and cut the other vegetables into bite-size pieces. Place all the ingredients on wooden skewers and arrange in the center of the metal tray. Insert the tray into the top rack. Set the doneness adjustment to HI and press Superheated Steam and 26 Roasted Vegetable to cook.

Hints for using the 26 Roasted Vegetable function

●Number of servings

Only cook between 80–130% of the amount of food indicated in the recipes.

●Place the ingredients directly on the metal tray to cook

●If the food is underdone, use the Grill function to manually cook the food, checking the food often.

→P. E-41

●If you do not want to get the metal tray dirty

If you do not want to get the metal tray dirty, cover it with a cooking sheet.

●Use caution when removing the metal tray after cooking

Fat and other juices may collect on the metal tray during cooking. Be careful not to tip or tilt the tray when removing it from the oven cavity.

Auto Cooking

Superheated Steam

23 Grilled Chicken with Herbs

→P. E-36

Oven
Superheated Steam
Grill

Rack
Metal tray
Top

Water tank
Full

Grilled Chicken with Herbs

Ingredients (serves 3–4)

2 chicken breasts or thighs (with skin) (500g)

Ⓐ
- Dash of salt and pepper
- Dash each of assorted herbs (thyme, rosemary, marjoram, etc.) (dried or fresh)

Directions

❶ Fill the water tank to the full line, and insert it into the main unit.

❷ Use a fork to poke holes in the skin of the chicken. Make shallow cuts in the thicker portions of the meat. Sprinkle with Ⓐ.

❸ Set the herbed chicken pieces skin-side up in the center of the metal tray. Insert the tray into the top rack and press Superheated Steam and 23 Grilled Chicken with Herbs to cook.

Hints for using the 23 Grilled Chicken with Herbs function

- Only cook one or two pieces of chicken at a time.
- If you do not want to get the metal tray dirty, cover it with a cooking sheet.
- If the chicken is underdone, use the Grill function to cook the chicken manually, checking it often. →P. E-41
- Fat and other juices may collect on the metal tray during cooking. Be careful not to tip or tilt the tray when removing it from the oven cavity.

Manual Cooking

Oven (Leaven)

Oven

(Preheat No)

→P. E-44

210°C
Cooking time
50–60 min.

Metal tray
Bottom

Water tank
Empty

Roast Beef

Ingredients

800 g whole beef shank
1 clove garlic (grated)
50 g each carrot, onion, and celery (sliced thin)
Dash of salt and pepper
2 tbsp salad oil

Directions

❶ Sprinkle meat with salt and pepper. Coat with the grated garlic. Loop cotton cooking string around the roast to keep it secure and coat lightly with salad oil.

❷ Cover the metal tray with aluminum foil or a cooking sheet. Spread the vegetables in the center of the tray and set the prepared roast on top.

❸ Insert the metal tray into the bottom rack. Press Oven, 210° C, 50–60 min. with Preheat No to cook.

❹ Wait until the roast is sufficiently cooled before removing the string and cutting into thin slices. Serve with additional vegetables as desired and coat with gravy.

[Tips]

- Completely cooling the roast in the refrigerator before slicing makes it easier to cut and locks in flavor.

Gravy

Directions

Once the roast is done cooking, transfer the vegetables and juices in the metal tray to a saucepan. Add one cup of broth (½ a dissolved bouillon cube) and simmer to reduce. Strain through a cloth, and then add salt and pepper.

Manual Cooking

Oven (Leaven)

Oven

(Preheat No)

→P. E-44

Microwave 600 W
Approx. 2 min.
(Preparation)
250°C
Cooking time
22–26 min.

Metal tray
Bottom

Water tank
Empty

Hamburg Steak

Ingredients (serves 4)

Ⓐ
- ½ medium onion (diced) (100 g)
- 15 g butter

Ⓑ
- 300 g ground beef and pork mixture
- ¾ cup (30 g) bread crumbs
- 3 tbsp milk
- 1 egg (beaten)
- ½ tsp salt
- Dash of pepper and nutmeg

Add ketchup and Worcestershire sauce to taste

Directions

❶ Combine Ⓐ in a heat-resistant bowl. Heat in the oven by pressing Microwave 600 W, and entering Approx. 2 min.. Let cool slightly before adding to Ⓑ. Divide into 4 equal portions.

❷ Coat your hands with a small amount of salad oil. Form oblong patties with the mixture in ② and remove air bubbles from the patties. Make a dent in the middle of each patty.

❸ Cover the metal tray with aluminum foil or a cooking sheet and arrange the Hamburg steaks on top. Insert the tray into the bottom rack. Press Oven, 250°C, 22-26 min. with Preheat No to cook. Mix ketchup and Worcestershire sauce to serve on top of the Hamburg steaks.

[Tips]

When using the Steam Oven setting to cook the Hamburg steaks, fill the water tank to the full line and insert it into the main unit, and then cook for 25–30 min..

Manual Cooking (Microwave Heating)
→P. E-38

Manual Cooking (Oven Heating: Preheat No)
→P. E-44

Manual Cooking

Grill

Grill

→P. E-41

Microwave 600 W
Approx. 50 sec.
(Preparation)
Cooking time
20–25 min.
Turn over
7–12 min.

Rack
Metal tray
Top

Water tank
Empty

Beef, Seafood, and Vegetable Skewers

Ingredients (4 skewers)

100 g beef cube (about 3 cm in size)
2 shrimp (unshelled)
50 g squid (cut into bite-size pieces)
2 scallops
½ small carrot (cut into bite-size pieces) (50 g)
½ onion (cut into skewer-size chunks)
2 green peppers (cut in half)
1 eggplant (sliced and soaked in saltwater)
4 shiitake mushrooms
¼ each red and yellow peppers (cut into bite-size pieces)
Dash of salt and pepper

Directions

❶ Lightly sprinkle the beef cubes with salt and pepper. Cook the carrot by pressing Microwave 600 W and Approx. 50 sec. Peel and devein the shrimp, leaving the tails and the last joint of the shell.

❷ Put the ingredients on wooden skewers and sprinkle them with salt and pepper.

❸ Place the rack on the metal tray and arrange the skewers on top. Insert the tray into the top rack and press Grill 20–25 min. to cook. Turn the skewers over and press Grill 7–12 min. to finish cooking.

Manual Cooking (Microwave Heating)
→P. E-38

Manual Cooking (Grill)
→P. E-41

Manual Cooking

Grill

Grill

→P. E-41

Cooking time
17–22 min.
Turn over
6–11 min.

Rack
Metal tray
Top

Water tank
Empty

Skewered Chicken

Ingredients (12 skewers)

Ⓐ
- 2 chicken thighs (250 g each, cut into bite-size pieces)
- 2 green onions (cut into 4–5 cm pieces)
- 12 shishito peppers (seeded)

Ⓑ
- ½cup soy sauce
- ¼cup mirin (sweet cooking wine)
- 2–3 tbsp sugar
- 1 tbsp salad oil

Directions

❶ Combine the ingredients in Ⓑ, then add the ingredients in Ⓐto the mixture. Let sit for 30 minutes to an hour, turning over occasionally. Arrange the marinated meat and vegetables alternately on wooden skewers.

❷ Place the rack on the metal tray and arrange the skewers on top. Insert the tray into the top rack and press Grill 17–22 min. to cook. Turn the skewers over and press Grill 6–11 min. to finish cooking.

Manual Cooking

Oven (Leaven)

Oven

(Preheat No)

→P. E-44

210°C
Cooking time
25–30 min.

Metal tray
Top

Water tank
Empty

Scallops and Mushrooms in Foil

Ingredients (4 servings)

8 scallops
4 large shrimp (deveined and peeled, leaving the tails and last joint of the shell)
4 shiitake mushrooms
1 package shimeji mushrooms (break apart clumps)
1 package enoki mushrooms (separated)
20 g butter
1½ tbsp sake
Dash each of salt, pepper, and lemon juice

Directions

❶ Wash the scallops in saltwater and drain. Sprinkle with salt and pepper.

❷ Cut four 25 x 25 cm pieces of aluminum foil. Coat them lightly with a small amount of butter.

❸ Divide the scallops, shrimp, and mushrooms evenly among the pieces of foil. Sprinkle with salt and pepper, and then add the lemon juice, sake, and butter.

❹ Close the aluminum foil sheets and arrange them on the metal tray. Insert the tray into the top rack and press Oven, 210°C, 25–30 min. with Preheat No to bake.

Manual Cooking (Oven Heating: Preheat No)
→P. E-44

Fried dishes

Manual Cooking
Oven (Leaven)
190°C
Cooking time
40–45 min.
Oven
(Preheat No)
→P. E-44
Metal tray
Top
Water tank
Empty

Spare Ribs

Ingredients (serves 4)
600 g spare ribs (5–7 ribs)
Dash of salt and pepper
Ⓐ
- 2 tsp ketchup
- 1 tbsp Worcestershire sauce
- 3 tbsp red wine
- 1 tbsp soy sauce
- ¼ tsp tobanjan (Chinese spicy bean sauce)
- ½ small clove garlic (grated)
- ¼ tsp salt
- Dash of pepper and nutmeg

Directions
❶ Cut the ribs about two-thirds of the way through along the bone. Sprinkle with salt and pepper. Combine the ingredients in Ⓐ and use the mixture to marinate the ribs in the refrigerator for about half a day, turning occasionally.
❷ Cover the metal tray with aluminum foil or a cooking sheet. Arrange the marinated ribs on top. Insert the metal tray in the top rack and press Oven, 190°C, 40–45 min. with Preheat No to cook.
Manual Cooking (Oven Heating: Preheat No)
→P. E-44

Auto Cooking
Oven
Superheated Steam
Grill
24 Fried Chicken
→P. E-36
Rack
Metal tray
Top
Water tank
Full

Fried Chicken

Ingredients (12 pieces)
2 chicken thighs (about 250 g each)
Ⓐ
- 2 tbsp soy sauce
- 1 ½ tbsp sake
- 1 ½ tsp ginger (grated)
- 1 ½ tsp garlic (grated)
- Dash of pepper

1 tsp starch

Directions
❶ Fill the water tank to the full line, and insert it into the main unit.
❷ Cut each chicken thigh into 6 equal chunks. Combine the ingredients in Ⓐ and add them to the chicken. Marinate for at least 15 minutes.
❸ Remove the chicken pieces from the marinade. Put them in a sealable plastic bag with the starch and toss together to coat.
❹ Remove the chicken from the plastic bag and shake to remove excess starch. Put the rack on the metal tray and arrange the chicken pieces skin-side up in the center of the rack. Insert the tray into the top rack and press Superheated Steam and 24 Fried Chicken to cook

Hints for using the 24 Fried Chicken function
●**Number of servings**
You should only cook between 80–130% of the amount of chicken indicated in the recipes.
●**Use only a small amount of starch**
Since the recipe does not use oil, only a small amount of starch is needed. Too much starch will leave clumps on the cooked chicken.
●**Using bone-in chicken**
If you are using chicken with bones, use the HI setting.
●**Using store-bought fried chicken mix**
You can use store-bought fried chicken mix as a convenient substitute for Ⓐ and starch. Follow the manufacturer's directions to determine the appropriate amount of mix to use.
●**If you do not want to get the metal tray dirty**
Cover the metal tray with a cooking sheet.
●**If the chicken is underdone**
Use the Grill function to manually cook the chicken, checking it often. →P. E-41

Auto Cooking
Oven
Superheated Steam
Grill
25 Chicken Cutlet
→P. E-36
Rack
Metal tray
Top
Water tank
Full

Chicken Cutlet

Ingredients (12 cutlets)
4 chicken breast tenders
Dash of salt and pepper
Fried bread crumbs (prepare by combining 60 g bread crumbs with a generous tbsp of olive or sunflower oil) as needed
2 generous tbsp flour (cake flour)
1 egg (beaten)

Directions
❶ Fill the water tank to the full line, and insert it into the main unit.
❷ Cut each chicken tender into three equal pieces. Sprinkle with salt and pepper.
❸ Coat the chicken pieces in flour, egg, and bread crumbs in that order.
❹ Put the rack on the metal tray and arrange the chicken pieces in the center of the rack. Insert the tray into the top rack, press Superheated Steam and 25 Chicken Cutlet to cook.

Fried Bread Crumbs

Heat some olive or sunflower oil and bread crumbs in a skillet. Roast over medium heat, taking care to shake the skillet often so that the mixture does not burn.

Stir-fried dishes

Auto Cooking
Food &Drink
Microwave
8 Chinjao Rosu
→P. E-34
Water tank
Empty

Stir-fried Beef and Peppers (Chinjao Rosu)

Ingredients (standard amount, 2–3 servings)
150 g beef (sliced into thin strips)
Ⓐ
- 4 green peppers (seeded and sliced into thin strips)
- 50 g bamboo shoots (sliced into thin strips)

Ⓑ
- 1 tsp soy sauce
- 1 tbsp oyster sauce
- 1 tbsp sake
- 1 tsp sugar
- 1 tsp chicken bouillon powder
- 1 tsp starch

Directions
❶ Lightly sprinkle the meat with salt and pepper. Dust with 1 tsp of starch and coat well.
❷ Put the meat and the ingredients in Ⓐ in a bowl. Combine and add the ingredients in Ⓑ. Mix gently, and then cover with plastic wrap.
❸ Press Food & Drink and 8 Chinjao Rosu to cook. Stir before serving.

[Tips]
- You can use store-bought chinjao rosu seasoning in step 2 (use about half of a liquid-seasoning packet).
- You can substitute pork for the beef if you prefer.
- Make sure that the vegetables are thoroughly drained before adding to the mixture.
- For a simpler version of this recipe, use any store-bought Chinese stir-fry seasoning in place of the ingredients in Ⓑ.

Hints for using the 8 Chinjao Rosu function
●**Number of servings**
Do not cook more or less than the amount indicated if you are using the Auto Cooking feature.
●**Dishware**
Dishes should be deep ceramic or heat-resistant dishes.
●**Cover lightly with plastic wrap**
Make sure to use wrap that is safe for cooking up to at least 140°C.
●**If the ingredients are undercooked**
Use the Microwave 500W to cook the ingredients, checking them often. →P. E-38

Japanese Style Fried Noodles (Yakisoba)

Ingredients (1–2 servings)
1 bag Japanese style fried noodles with sauce
1 bag (250 g) mixed vegetables
50 g bite-size pork slices
Dash of salt and pepper

Directions
❶ Combine the noodles, pork, and half of the vegetables in a bowl in the order given. Top with sauce and sprinkle with salt and pepper. Add the rest of the vegetables and cover the bowl with plastic wrap.
❷ Press Food & Drink and 8 Chinjao Rosu to cook. Stir before serving.

Steamed dishes

Steamed Whitefish

Auto Cooking
Steam Cooking — Steam Oven
16 Steamed Whitefish
→P. E-35
Metal tray Bottom
Water tank Full

Ingredients (2–3 pieces)
3 pieces sliced cod
Dash of salt and pepper
3 strips bacon
3 cherry tomatoes (halved with stems removed)
6 slices zucchini(halved and sliced)
¼ yellow pepper (cut into 6 equal squares)
Ⓐ 2 tbsp white wine, 2 tbsp broth, (dissolve ½ bouillon cube for 1 cap water)
1 cup white sauce
(see directions on →P.72)

Directions
❶ Fill the water tank to the full line, and insert it into the main unit.
❷ Lightly sprinkle both sides of the fish slices with salt and pepper, and then cut each slice in half.
❸ Slice the bacon pieces in half lengthwise to create long, thin strips, and then wrap them around the fish slices.
❹ Stack a piece of yellow pepper, zucchini slice, and cherry tomato on each wrapped fish slice. Insert a toothpick to hold in place.
❺ Cover the metal tray with aluminum foil or a cooking sheet. Place the prepared fish pieces on the sheet and pour the mixture in Ⓐ over all of them. Insert the metal tray into the bottom rack and press Steam Cooking and 16 Steamed Whitefish to cook.
❻ Arrange on a plate. Pour white sauce on top before serving.

Steamed Pork and Vegetables

Ingredients (2 servings)
200 g thinly sliced pork
Dash of salt and pepper
Ⓐ Ginger juice to taste, 2 tbsp sake, ½ tsp soy sauce
200 g Chinese cabbage (cut into 5–6 cm chunks)
½ small carrot (sliced into strips with a vegetable peeler)
2 shiitake mushrooms (stemmed and cut in half)
Ⓑ 1 tbsp soy sauce, ½ tbsp black vinegar, Dash of ground sesame seeds

Directions
❶ Fill the water tank to the full line, and insert it into the main unit.
❷ Sprinkle the pork lightly with salt and pepper. Combine Ⓐ and thoroughly coat the pork with the mixture.
❸ Cover the metal tray with aluminum foil or a cooking sheet. Spread the vegetables on the tray.
❹ Spread the pork on top of the vegetables and insert the metal tray into the bottom rack. Press Steam Cooking and 16 Steamed Whitefish to cook.
❺ Combine Ⓑ and pour it over the pork and vegetables before serving.

Cabbage-wrapped Dumplings

Doneness Adjustment LO
(Preparation) 4 Leafy Vegetables

Ingredients (15 pieces)
3 cabbage leaves (150 g)
130 g ground pork
Ⓐ Ginger juice to taste, 1 tbsp water, Dash of salt, 1 tsp soy sauce, 1 tbsp starch
15 kernels corn
Soy sauce, vinegar, spicy mustard paste to taste

Directions
❶ Fill the water tank to the full line, and insert it into the main unit.
❷ Stack the cabbage leaves so that the stems and leaf tips face alternating directions. Cover in plastic wrap and heat using the 4 Leafy Vegetables setting. Slice the cooked leaves into 15 6-cm squares, avoiding the stems. Chop up the remaining cabbage.
❸ Combine the ground pork with the seasonings in Ⓐ. Add the chopped cabbage from ②and mix well.
❹ Make balls out of the mixture in ③, and then place onto each cabbage square and wrap to create a dumpling shape. Place a kernel of corn on each.
❺ Arrange the dumplings on top and cover the metal tray with aluminum foil or a cooking sheet. Place the dumplings on the sheet, and insert the metal tray into the bottom rack and press Steam Cooking and 16 Steamed Whitefish to cook.
❻ Arrange on a plate. Serve with soy sauce, vinegar, and/or hot mustard paste as desired.
Using the 4 Leafy Vegetables setting →P. E-30

Hints for using the 16 Steamed Whitefish function

●Number of servings
The steamed whitefish recipe should be used to make 1–3 servings. For one servings, set doneness adjustment to M-LO to cook. For the cabbage-wrapped dumplings recipe, you should only cook between 80–130% of the amount indicated at one time.

●If your food is underdone
Transfer the food to a plate and cover with plastic wrap. Place in the oven and set the oven to Microwave 500W to cook, checking the food often. →P. E-38

●If Refill Water is displayed
Fill the water tank to the full line. →P. E-17

Chawanmushi

Auto Cooking
Steam Cooking — Microwave 200W, Cooking time 2–3 min. (Preparation) Steam Oven
15 Chawanmushi
→P. E-35
Metal tray Bottom
Water tank Full

Ingredients (4 servings)
2 eggs (100 ml)
Ⓐ 350–400 ml dashi broth, ½ tsp each soy sauce and salt, 1 tsp mirin (sweet cooking wine)
40 g chicken (sliced thin)
Dash of sake
4 small shrimp (with shells)
8 thin slices fish cake
2 dried shiitake mushrooms (reconstituted, stems removed, sliced into 8 pieces each)
8 boiled gingko nuts
Mitsuba leaves

Directions
❶ Fill the water tank to the full line, and insert it into the main unit.
❷ Crack the eggs into a bowl and beat well. Combine Ⓐand add to the mixture. Strain.
❸ Sprinkle the chicken with sake and set aside. Peel and devein the shrimp, leaving the tails and last joint of the shell.
❹ Combine the chicken and shrimp in a large bowl and cover with plastic wrap. Cook by pressing Microwave 200W, and entering 2–3 min..
❺ Divide all of the solid ingredients (except the mitsuba leaves) evenly among four chawanmushi custard cups. Pour an equal amount of the egg mixture in each. Stir briefly and cover with the lids.
❻ Cover the center of the metal tray with two thick paper towels. Pour ¼ cup (50 ml) of water into the tray. Arrange the cups on the tray as indicated in “Hints for using the 15 Chawanmushi function”. Insert the tray into the bottom rack and press Steam Cooking and 15 Chawanmushi to cook. When the custard is finished, remove it from the oven cavity and garnish with mitsuba leaves. Replace the lids and let sit for about 5 minutes before serving.
Manual Cooking (Microwave Heating) →P. E-38

Hints for using the 15 Chawanmushi function

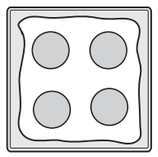
●Number of servings
Use the recipe to make 4 cups.

●Recommended cookware
Use lidded cups about 8 cm in diameter with a total weight (with lid) of around 200g each.

●Temperature before cooking
The chawanmushi should be at 20–25°C before cooking. If it is cooler, set the doneness adjustment to HI. If it is warmer, set the doneness adjustment to LO.

●Do not fill the cups more than 70% with the egg mixture

●Arranging the chawanmushi cups
To prevent the cups from sliding, first place two thick paper towels in the center of the metal tray, pour ¼ cup (50 ml) of water into the tray, and then arrange the cups on top as shown.



●Wait until the oven cavity is cool
The chawanmushi will not cook correctly if you use the Oven, Grill, 28 Deodorizing function beforehand without allowing the oven cavity to cool.

●Take care when removing the cups
The cups will be hot. Use an oven mitt or dry towel to remove them.

●If the chawanmushi is underdone
Use the Microwave 200W function to continue cooking, checking the chawanmushi often. →P. E-38

Clams in White Wine Sauce

Manual Cooking
Micro (Leaven) — 600W, Cooking time Approx. 4 min.
Microwave
→P. E-38
Water tank Empty

Ingredients (2–3 servings)
400 g live steamer clams
2 tbsp white wine
Butter to taste
Small amount fresh parsley (chopped)

Directions
❶ Place the clams in a 3% saltwater solution. Store in a cool, dark place for three hours to half a day. This will help remove sand particles.
❷ Wash the clams well, rubbing the shells together. Arrange in a medium baking dish and add the wine and butter. Cover loosely with plastic wrap.
❸ Cook by pressing Microwave 600W, and entering Approx. 4 min.. When they are finished cooking, garnish with parsley and serve.

[Tips]
• When removing sand from the clams, they should be submerged about halfway in the saltwater. Coat the bowl with aluminum foil to prevent water spray from escaping as the clams breathe.

Manual Cooking (Microwave Heating) →P. E-38

Rice

Manual Cooking | Micro (Leaven) | Microwave (Relay heating) | 600W Cooking time: Approx. 10 min. 200W Cooking time: 20–25 min. | →P. E-40 | Water tank | Empty

Cooked Rice

Ingredients (4 servings)
2 cups rice (320 g)
440–480 ml water

Directions
❶ Rinse and drain the rice. Transfer to a deep bowl and add the water. Cover with a lid and let soak for about an hour.
❷ Relay heating by pressing Microwave 600W, and entering Approx. 10 sec., then pressing Microwave 200W, and entering 20–25 min.. Stir. Cover with a cloth and lid to continue steaming.

Manual Cooking | Micro (Leaven) | Microwave (Relay heating) | 600 W Cooking time: Approx. 10 min. 200 W Cooking time: 30–35 min. | →P. E-40 | Water tank | Empty

White Rice Porridge

Ingredients (4 servings)
½ cup rice (80 g)
500–600 ml water
Dash of salt

Directions
❶ Rinse and drain the rice. Transfer to a deep bowl and add the water. Cover with a lid and let soak for at least 30 minutes.
❷ Press Microwave, 600 W, Approx. 10 min., and then Microwave, 200W, 30–35 min. to relay heat. Add the salt and serve.

Hints for making rice and porridge (Using the relay heating function →P. E-40)

●Use a large, deep bowl
Use a large, deep bowl to prevent the rice from boiling over. A store-bought heat-resistant cooking dish with a lid is ideal.

●Let the rice soak first
Before cooking, let the rice sit in the amount of water indicated for about an hour. This will allow it to absorb a sufficient amount of water.

●Rice: Water and cooking times (1mL=1cc)

Rice	Water	Microwave 600W → Relay heating → Microwave 200W
1 cup (160 g)	240–260 ml	Approx. 6 min. → Approx. 15 min.
3 cups (480 g)	640–700 ml	Approx. 13 min. → Approx. 30 min.

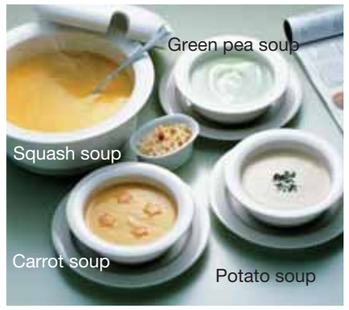
●Porridge: Water and cooking times (1mL=1cc)

Rice	Water	Microwave 600W → Relay heating → Microwave 200W
¼ cup (40 g)	300 ml	Approx. 6 min. → Approx. 30 min.

Soup

Manual Cooking | Micro (Leaven) | Microwave (Relay heating) | 500W Cooking time: Approx. 5 min. 200W Cooking time: 22–28 min. 600W Cooking time: Approx. 2 min. 20sec. | →P. E-40 | Water tank | Empty

Vegetable Soups
(squash, carrot, green pea, potato)



Ingredients (2–3 standard servings)
200 g vegetables (carrot, squash, potato, or boiled green peas)
⅓ onion (sliced thin) (70 g)
Ⓐ 1 ½ cups water, 1 bouillon cube
1 tbsp butter
2 strips bacon (carrot soup only)
1 cup milk

Directions
❶Carrots or potatoes: peel and cut into thin slices. Squash: peel and cut into chunks.
❷Put the cut vegetables in a bowl. Add the onion, butter, and the ingredients in Ⓐ. For carrot soup, add thinly sliced bacon strips.
❸Cover with a cooking sheet and a drop lid (See Hints for soup). Relay heating →P. E-40 by pressing Microwave 500W, and entering Approx. 5 min., then pressing Microwave 200W, and entering 22–28 min.. Put the mixture in a blender and add the milk. Once blended, transfer to a bowl and cook by pressing Microwave 600W, and entering Approx. 2 min. 20sec..
❹Add parsley and croutons to taste before serving.

[Tips]
• Blending can be omitted if desired.
Manual Cooking (Microwave Heating) →P. E-38

Minestrone

Ingredients (2–3 standard servings)
Ⓐ ½ medium onion (cut into small chunks) (100 g)
⅓ carrot (cut into small chunks) (50 g)
½ stalk celery (cut into small chunks)
½ large potato (cubed) (50 g)
40 g cabbage (cut into 1-cm squares)
30 g boiled soybeans
30 g tomato (peeled, seeded, and cut into small chunks)
1 strip bacon (cut into 1-cm pieces)
20 g macaroni (do not use quick-cook noodles)
Ⓑ 1 ½ cup water, 1 bouillon cube, 1 ½ cups tomato juice, Dash of salt and pepper

Directions
❶ In a bowl, combine the ingredients in Ⓐ. Combine Ⓑ and add to the mixture. Drop lid with a cooking sheet (see Hints for soup). Relay heating →P. E-40 by pressing Microwave 500W, and entering Approx. 5 min., then pressing Microwave 200W, and entering 22–28 min..

Hints for soup

●Recommended bowl
Use a wide-mouth, heat-resistant bowl 20–23 cm in diameter and 6–8 cm deep. It should be large enough so that it is about half full once all of the ingredients are combined.

●Use plenty of broth
Use enough broth to completely cover the soup ingredients.

●Do not cover with plastic wrap or a lid
This will prevent the liquids from reducing properly during cooking.

●Using a drop lid
Cut a cooking sheet into a circle slightly smaller than the mouth of the bowl. Cover with a lid that has an X-shaped opening cut in the center. This will allow the soup to heat evenly.

●Skimming
Skim the soup once it is cooked.

Breakfast dishes

Manual Cooking | Micro (Leaven) | Microwave | →P. E-38 | 200 W Cooking time 2–3 min. | Water tank | Empty

Egg with Bacon Bits

Ingredients (one egg)
1 egg
⅓ strip of bacon (cut into 1-cm pieces)
Small amount of onion (thinly sliced)

Directions
❶ Place the onion in the bottom of a dish and crack the egg on top. Use a wooden skewer to poke two or three holes in the egg yolk. Sprinkle the bacon slices on top.
❷ Cover with a lid or plastic wrap. Cook by pressing Microwave 200 W, and entering 2–3 min..

[Tips]
• A cocotte baking dish is ideal, but any small bowl can be used. Be sure to cover with plastic wrap or a lid before cooking.

Manual Cooking (Microwave Heating) →P. E-38

⚠ WARNING

Do not cook eggs using the Microwave 600 W, or Microwave 500 W setting, as this may cause the eggs to explode. Cook eggs using the Microwave 200W.
•Do not attempt to cook whole or unbeaten eggs by themselves. Do not poke egg yolks with a skewer or other sharp objects immediately after cooking, as this may cause the eggs to explode.
•Even at the Microwave 200 W setting, eggs may explode if they are overcooked.

Manual Cooking | Micro (Leaven) | Microwave | →P. E-38 | 500 W Cooking time 40 sec.–1 min. | Water tank | Empty

Scrambled Eggs

Ingredients (one serving)
1 egg
Ⓐ ½ tsp sugar, Dash of salt

Directions
❶ Crack the egg into a heat-resistant cup. Add Ⓐ and beat the mixture with a pair of chopsticks.
❷ Press Microwave 500 W and enter 40 sec.–1 min. to cook. When the mixture fluffs up stir quickly, and then continue cooking.

Manual Cooking | Micro (Leaven) | Microwave | →P. E-38 | 600 W Cooking time 2–3 min. | Water tank | Empty

Bacon-wrapped Vienna Sausages

Ingredients (12 pieces)
6 strips (100 g) bacon (cut in half)
6 Vienna sausages (100 g)

Directions
❶ Make shallow cuts in the Vienna sausages or poke holes in them using a fork or toothpick. Cut each one in half.
❷ Wrap the Vienna sausages in the bacon strips and secure with a toothpick. Arrange on a plate and press Microwave 600 W, 2–3 min. to cook.

[Tips]
• To remove some of the fat from the bacon, blot them with a paper towel after cooking.

Gratin/Pizza

Auto Cooking
Food &Drink
6 Gratin
→P. E-34
Microwave 600 W
Approx. 5 min. 30 sec.
(Preparation)
Microwave Oven

Metal Tray
Bottom
Water tank
Empty

Macaroni Gratin

Ingredients (serves 4)
80 g macaroni
Ⓐ
- 100 g chicken thighs (cut into 1–cm cubes)
- 8 shrimp (shelled and deveined, tails removed, cut in half) (100 g)
- ½ white onion (sliced thin) (100 g)
- 1 small can sliced mushrooms (50 g)
- 25 g butter
- Dash of salt and pepper

3 cups white sauce
80 g cheese (shredded and/or grated to taste)

Directions
❶ Boil and drain the macaroni. Add a small amount of salad oil.
❷ Combine Ⓐ in a medium bowl. Heat the oven by pressing Microwave 600W, and entering Approx. 5 min. 30 sec.. Combine with cooked macaroni.
❸ Add half of the white sauce to ②.
❹ Divide ③ into gratin dishes coated with a small amount of butter. Cover with the remaining white sauce and sprinkle with cheese.
❺ Place the gratin dishes on the metal tray and insert it into the bottom rack. Press Food & Drink and 6 Gratin to cook.

Manual Cooking (Microwave Heating) →P. E-38

CAUTION
Certain ingredients may splatter or burst when cooked. If you use squid, be sure to make cuts throughout the meat before cooking. Do not use whole mushrooms.

White Sauce

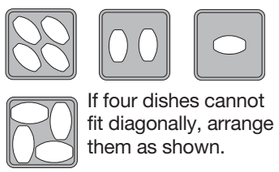
Directions
❶ Combine flour and butter in a medium bowl. Heat in the oven by pressing Microwave 600W. Whisk until thoroughly mixed.
❷ Slowly add milk to dilute the mixture. Heat in the oven by pressing Microwave 600W, stirring occasionally.

Manual Cooking (Microwave Heating) →P. E-38

Total amount		1 cup	2 cup	3 cup
Ingredients	Milk	200mL	400mL	600mL
	Flour (cake flour)	20g	30g	40g
	Butter	30g	40g	50g
	Salt and pepper	Dash	Dash	Dash
Step ❶	Heat butter and flour Microwave 600W	Approx. 1 min. 10 sec.	Approx. 1 min. 40 sec.	Approx. 2 min. 10 sec.
Step ❷	Add milk and heat Microwave 600W	2–4 min	5–7 min	9–11 min

Hints for using the 6 Gratin function

●**Number of servings**
Makes 1-4 individual gratin dishes, or several servings in a single large dish.
●**Dishware**
Do not use metal dishware. Dishes should be heat-resistant ceramic, porcelain, or glass gratin dishes.
●**Arranging gratin dishes for cooking**



If four dishes cannot fit diagonally, arrange them as shown.

●**If the mixture cools before it is cooked**
The sauce and ingredients should be cooked while they are still warm. If they cool before cooking, set the oven to Microwave 500W and heat them to a lukewarm temperature (about 40°C) before cooking. → P. E-38

●**Color variations**
The thickness of the white sauce, type of cheese used, and manufacturer of the ingredients will affect the color of the gratin once it is cooked.
●**If the gratin is undercooked**
Press Grill to continue cooking, checking often. → P. E-41
●**If the gratin is cooking unevenly**
When there are 3–5 minutes of cooking time left, reverse the direction of the gratin dishes and finish cooking.
●**Do not use the Food & Drink and 6 Gratin function to cook frozen gratin**
Place the gratin on the metal tray and insert it into the bottom rack. Press Oven, 210°C, 30-35 min. with Preheat No to cook.

Auto Cooking
Food &Drink
7 Pizza
(Preheat Yes)
→P. E-37
Steam microwave leavening
Approx. 10 min.
(Preparation)
Preheat
Oven

Metal Tray
Bottom
Water tank
Full

Pizza

Ingredients (one 24–cm pizza)
Ⓐ
- 70 g flour (bread flour)
- 30 g flour (cake flour)
- 1 generous tbsp sugar (6 g)
- ¼ tsp salt (1.5 g)

½ tsp dry yeast powder (quick-rise type) (1.5 g)
50–60 ml lukewarm water
1 scant tbsp olive oil (10 g)
Prepared pizza sauce as needed
Ⓑ
- ⅙ large onion (sliced thin) (50 g)
- 30 g bacon (cut in small strips)
- 8 slices salami
- 1 green pepper (sliced)
- ½ small can mushrooms (sliced) (25 g)

4 pimento-stuffed olives (sliced thin)
80 g shredded pizza cheese
Dash of salt and pepper

Directions
❶ Fill the water tank to the full line, and insert it into the main unit.
❷ Combine Ⓐ in a sealable plastic bag with the dry yeast and mix.
❸ Add the lukewarm water and olive oil. Knead for 5 minutes.
Adding a little air to the bag before sealing it will allow you to easily knead the dough with both hands.
(See step 5 of the Quick Bread recipe → P. E-84)
❹ Place the dough in the center of the ceramic tray. Start the first rise by pressing Steam Microwave Leaven. Set the doneness adjustment to MED and enter Approx. 10 min. (For leavening guidelines, see the hints for the Quick Bread recipe → P. E-84.)
❺ Dust a cutting board with a small amount of flour (bread flour). Remove the dough from the plastic bag.
❻ Gently press the dough to remove the air. Shape into a ball.
❼ Flatten the dough ball into a circle about 24 cm in diameter. Cover the metal tray with a cooking sheet and place the dough on top.
❽ Poke holes in the flattened dough with a fork. Coat with pizza sauce and top with the ingredients in Ⓑ. Sprinkle lightly with salt and pepper, and then top with the cheese and olives.
❾ Press Food & Drink and 7 Pizza. Press start to preheat.
❿ Once the beep sounds indicating that preheating is complete, insert the metal tray into the bottom rack to cook.

Heat Using Steam Microwave Leavening →P. E-46

Hints for using the 7 Pizza function

●**Number of servings**
Cook only one metal tray of pizza at a time.
●**Slicing the cooked pizza**
Kitchen scissors are the best way to slice the cooked pizza.
●**If the pizza is underdone**
Press Oven, 200°C with Preheat No to continue cooking, checking the pizza often → P. E-44.
●**Do not use the Food & Drink 7 Pizza function for cooking prepared pizza**
Refer to the directions for cooking prepared store-bought pizza.

Calzone
(Folded Vegetable Pizza)

Ingredients (one calzone)
Dough for one pizza (see pizza recipe for ingredients and directions)
Ⓑ
- ¼ head of broccoli (cut into small bite-size pieces) (50 g)
- ¼ green pepper (sliced thin) (40 g)
- ½ bunch shimeji mushrooms (base removed) (80 g)
- ¼ onion (sliced thin) (60 g)
- 3 strips bacon (cut in small strips) (50 g)

1 tbsp olive oil
100 g shredded pizza cheese
Dash of salt and pepper

Directions
❶ Heat the olive oil in a skillet. Briefly sauté the ingredients in Ⓐ, sprinkle with salt and pepper, and let cool.
❷ Follow steps 1–6 for the pizza recipe to make the dough.
❸ Flatten the dough ball into a circle about 24 cm in diameter.
❹ Place the toppings in ① on one half of the pizza dough. Fold it in half and use your fingers to firmly pinch the opening closed.
❺ Brush the top of the dough with a small amount of olive oil. Cover the metal tray with a cooking sheet.
❻ Follow steps 9–10 for the pizza recipe to bake.

Cooking Prepared Store-bought Pizza

To cook prepared frozen pizza, use the manual cooking function, checking the pizza often.
Place the pizza on the metal tray and insert the tray into the bottom rack. Press Oven, 200°C with Preheat No. Enter 23-30 min. for frozen pizza and 15-28 min. for refrigerated pizza.
If the oven is already preheated, enter 10-18 min. for frozen pizza and 10-15 min. for refrigerated pizza.

Manual Cooking (Oven Heating: Preheat Yes) →P. E-42
Manual Cooking (Oven Heating: Preheat No) →P. E-44

Homemade Foods (Meat)

Auto Cooking

Steam Cooking — Steam Oven

14 Homemade Foods

→P. E-35

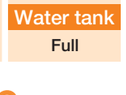
Metal tray
Top

Water tank
Full

Homemade Sausage

Ingredients (4 servings)
400 g ground pork
1 tbsp grated onion
1 tsp garlic (grated)
3 tbsp milk
2 tbsp starch
1 ½ tsp salt
Dash each of pepper, nutmeg, paprika, clove, thyme, or other spices
Dash of salad oil

Directions
❶ Fill the water tank to the full line, and insert it into the main unit.
❷ Combine all the ingredients and mix well. Divide into two equal parts. Place a small amount of salad oil on your hands. Holding the patties in one hand, use the other to lightly pound the meat smooth and remove air bubbles.
❸ Form the meat into an oblong shape approximately 4 cm in diameter. Use a cooking sheet to roll it up, and then tie both ends.



❹ Place the rolls on the metal tray as shown and insert the tray into the top rack. Press Steam Cooking and 14 Homemade Foods to cook.

[Tips]
- The spices in the sausage allow it to retain its freshness and taste for up to a week if refrigerated.
- Serve as hors d'oeuvre or use as an ingredient in salads or fried rice.

Salami-style Homemade Sausage

Allow the homemade sausage to cool completely. Remove the cooking sheet and place on the metal tray. Insert the tray into the top rack. Press Steam Cooking and 14 Homemade Foods, and set the doneness adjustment to LO to cook..

Chinese-style Beef Jerky

Doneness adjustment M-LO

Ingredients
150–200 g lean beef (sliced thin)
Ⓐ
- 2 tbsp soy sauce
- 1 tbsp white wine
- 1 tbsp honey
- Small amount of garlic (grated)
- Small amount of ginger (grated)
- 1 tsp sesame oil
- Dash each of shichimi pepper blend and pepper

Directions
❶ Fill the water tank to the full line, and insert it into the main unit.
❷ Combine the ingredients in Ⓐ. Add the beef and marinate for at least 3 hours. Remove and pat dry with a paper towel.
❸ Cover the metal tray with a cooking sheet and spread the beef on top. Insert the tray into the top rack. Press Steam Cooking and 14 Homemade Foods and set the doneness adjustment to M-LO to cook. Check often, turning occasionally during cooking. (Depending on how quickly the ingredients dry out, you may have to repeat the cooking cycle with the above setting.)

Homemade Ham

Ingredients (4 servings)
200 g whole pork loin
1 tbsp salt
1 tsp sugar
Ⓐ
- 1 ½ tbsp white wine
- 10 g each onion and carrot (both sliced thin)
- Small amount celery leaves
- 1 clove garlic (sliced thin)
- Dash each of assorted spices (pepper, nutmeg, paprika, clove, thyme, rosemary, etc.)

½ tsp each sugar and salad oil

Directions
❶ Fill the water tank to the full line, and insert it into the main unit.
❷ Poke holes in the surface of the pork with a fork, and then rub in the salt and sugar. Combine the ingredients in Ⓐ and transfer them to a sealable plastic bag. Add the pork and seal the bag, removing the air from inside.
❸ Place ② in a dish and weigh down with a heavy (300 g) stone. Let marinate for 2–3 hours in the refrigerator.
❹ Remove the pork from the bag and place it in a dish filled with water. Let sit in the refrigerator for about half a day, changing the water occasionally.
❺ Pat the meat dry with a paper towel. Coat with the sugar and salad oil mixture. Cover the metal tray with a cooking sheet and place the meat on top. Insert the tray into the top rack and press Steam Cooking and 14 Homemade Foods to cook.
❻ Let the ham cool completely before wrapping it in plastic wrap and chilling it in the refrigerator.

[Tips]
- Because homemade ham contains no preservatives, it will spoil quickly. Do not keep longer than one week.
- If serving alone as an hors d'oeuvre, soak for 24 hours to lower the salt content.

Homemade foods (fish and vegetables)

Auto Cooking

Steam Cooking — Oven Steam

14 Homemade Foods

→P. E-35

Metal tray
Top

Water tank
Full

Salmon Terrine

Doneness adjustment M-LO

Ingredients
(one 18 x 8 cm glass baking dish)
5 pieces raw salmon (about 100 g each)
1 tbsp white wine
2 egg whites
1 cup fresh cream
⅓ tsp salt
Dash of pepper
1 tsp paprika
12 black olives (seeded)

Directions
❶ Fill the water tank to the full line, and insert it into the main unit.
❷ Remove the skin and bones from the salmon and cut into bite-size pieces. Use a mortar to crush the pieces into a paste.
❸ Add the white wine, egg whites, fresh cream, salt, pepper, and paprika. Mix well.
❹ Cut the black olives in half. Cover the baking dish with a cooking sheet. Press in the salmon mixture, distributing the olives evenly. Flatten the top.
❺ Place the salmon in the center of the metal tray and insert it into the top rack. Press Steam Cooking and 14 Homemade Foods and set the doneness adjustment to M-LO to cook.

Dried Herbs and Spices

Doneness Adjustment LO

Ingredients
20-50 g celery leaves
20-50 g parsley (divided)
50 g orange peel (white fiber removed and julienned)
30 g each of dill, chervil, thyme, sage, peppermint

Directions
❶ Fill the water tank to the full line, and insert it into the main unit.
❷ Select the desired ingredients. Rinse thoroughly and pat dry with a paper towel.
❸ Spread the ingredients on the metal tray and insert it into the top rack. Press Steam Cooking and 14 Homemade Foods and set the doneness adjustment to LO to dry, turning occasionally. (Depending on how quickly the ingredients dry out, you may have to repeat the cooking cycle with the above setting.)
❹ Ingredients other than the orange peel can be crumbled by hand once they are dried.

[Tips]
- Remove dried celery and parsley when they are richly colored and can be crushed by pinching between your fingers.

Dried Fruit Assortment

Bananas, apples, kiwi, blueberries, grapes, strawberries, pineapple

Doneness Adjustment M-LO

Directions
❶ Fill the water tank to the full line, and insert it into the main unit.
❷ Select and prepare the ingredients
- Peel 2 or 3 kiwi and a ¼ pineapple and cut into thin (2–3 mm) slices.
- Rinse the strawberries (½ pack) and grapes (one bunch) individually and then dry. Cut into thin (2–3 mm) slices.
- Peel 2 bananas (200 g each) and cut into 3–mm slices. Sprinkle with the juice of half a lemon and let stand for a minute before drying.
- Rinse the apple well and cut it into 4 lengthwise pieces, removing the core. Slice each piece thinly and dunk in saltwater before rinsing in plain water and drying.
- Rinse the blueberries (one pack) well and cut each one in half

❸ Cover the metal tray with a cooking sheet and spread the fruit on top. Insert the tray into the top rack. Press Steam Cooking and 14 Homemade Foods and set the doneness adjustment to M-LO to cook, turning occasionally.
❹ Continue cooking with the 14 Homemade Foods and M-LO doneness adjustment, checking the fruit often.

Cover the metal tray with aluminum foil to cook. After cooking, wash the metal tray and wipe off the water. If you don't wash the metal tray, the surface may become bleached due to the acidic solution, such as vinegar or alkaline solution.

Hints for using the 14 Homemade Foods function

●Two different settings
There are two different ways to use the 14 Homemade Foods function. Press Steam Cooking and 14 Homemade Foods and set the doneness adjustment to LO or M-LO to dry fruits and vegetables, or press Steam Cooking and 14 Homemade Foods and set the doneness adjustment between MED and HI to make homemade hams and sausages.

●Making dried foods using the Steam Cooking and 14 Homemade Foods function with the doneness adjustment set to LO or M-LO
Cooking times will vary depending on the amount, shape, thickness, and water content of the food you are drying. Be sure to check the food often and adjust cooking times as needed.

●Maximum cooking times
The LO doneness adjustment can be set for a maximum of 90 minutes. The HI adjustments can be set for up to 135 minutes. Certain recipes require cooking times of two or three hours. For these items, you must use two or three consecutive cooking cycles.

●If your food is underdone
If foods like homemade ham or sausage are underdone, set the doneness adjustment to MED and continue cooking, checking the food often.

Desserts

Auto Cooking

Steam Cooking
22 Cake
(Preheat No)
→P. E-35

Microwave 200 W
1-2 min.
(Preparation)
Steam
Oven

Metal tray
Bottom

Water tank
Full

Decorative Cake (Sponge Cake)

Ingredients (one 18–cm cake pan)
90 g flour (cake flour)
90 g sugar
3 eggs (whites and yolks separated)
Dash of vanilla extract
Ⓐ { 2 tsp milk (room temperature)
Ⓐ { 15 g butter
Whipped cream to taste
Fruit, almonds as needed

Directions
❶ Fill the water tank to the full line, and insert it into the main unit.
❷ Coat the cake pan with a small amount of butter, then line the bottom and the sides with parchment paper (for baking). Combine Ⓐ and melt it by pressing Microwave 200W, and entering 1-2 min. (For an 18–cm cake, see the 22 Cake hints for other sizes on the right.)

❸ Add the egg whites to a bowl and use a handheld blender to whip until the mixture is about 70% foam. Add the sugar, then continue whipping until stiff (separate whipping method).

❹ Add the egg yolks and whip into a foam again. Add the vanilla extract.
❺ Sift the flour. Fold it into the mixture with a wooden spoon until just combined, taking care not to make the mixture sticky. Combine Ⓐ and stir together quickly.
❻ Briskly pour everything into the mold and tap the pan on the counter to remove the air. Place the pan on the metal tray and insert the tray into the bottom rack. Press Steam Cooking and 22 Cake to bake.
❼ Drop the mold from a height of 10–20 cm to prevent it from shrinking during baking. Separate the cake from the mold and remove the parchment paper. Allow to cool completely, then top with whipped cream, fruit, or other embellishments as desired.

Manual Cooking (Microwave Heating) →P. E-38

Combined whipping method
❸ Crack the eggs into a bowl and use a handheld blender to whip until the mixture is about 70% foam. Add the sugar and continue whipping until it begins to get stiff (stop when the blender leaves a circular trail in the mixture).

Add the vanilla extract and continue as above from step ⑤.

Hints for using the 22 Cake function

●You can use the recipe to make a 15—2cm cake

Ingredients \ Diameter	15 cm	18 cm	21 cm
Flour (cake flour)	50 g	90 g	120 g
Sugar	50 g	90 g	120 g
Eggs	2	3	4
Butter	10 g	15 g	20 g
Milk	½ tbsp	2 tsp	1 tbsp
Directions Step ❷	Approx. 1 min.	Approx. 1 min. 30 sec.	Approx. 2 min.
Directions Step ❻	Steam Cooking and 22 Cake		
	Doneness adjustment		
	M-LO	MED	M-HI

●Cake mold
Use a metal cake pan with smooth sides free of rivets or other inconsistencies.
●For easier whipping
Warm the eggs and bowl to make it easier to whip into a foam.
●Make sure the egg whites are whipped thoroughly
To check whether the egg whites have been whipped enough, take a whisk or a handheld blender and pull it up through the mixture. If hard peaks form, the mixture is sufficiently whipped.
●When the cake is done properly
The body of the finished cake should be fluffy and with an even texture.

●If the cake is underdone
Continue baking by pressing Oven, 150°C with Preheat No, checking the cake often → P. E-44.
●If the surface of the cake falls
Remove the cake from the mold and turn bottom-side up to cool.

Points for making sponge cake

Cross-section				
Condition	• Cake did not expand properly • Texture (air pockets) dense throughout • Cake is too hard	• Cake does not expand properly • Cake is dry • Texture is coarse with clumps of flour	• Surface is noticeably wrinkled • Texture is coarse throughout • Collapsed in center	• Texture (air pockets) dense in certain areas • Inconsistent expansion
Cause	• Eggs were not whipped thoroughly • Batter was over-mixed after adding flour and butter, destroying the egg foam (the mixture should be folded rather than mixed) • Batter was left sitting for too long • Not enough sugar	• Flour was not sufficiently blended • Flour was not sifted	• Air was not fully removed • The unwhipped batter left in the bowl was poured into the center of the mold (the batter should be spread to the edges) • Not enough flour • Batter was over-mixed after adding flour and butter, destroying the egg foam (the mixture should be folded rather than mixed)	• Melted butter was not mixed in evenly (the butter should be mixed in while still hot)

Manual Cooking

Oven (Leaven)
Oven
(Preheat Yes)
→P. E-42

Microwave 200 W 1–2 min.
(Preparation)
Preheat 170°C
Cooking time: 22-28 min.

Metal tray
Bottom

Water tank
Empty

Roll Cakes (Plain)

Ingredients (one metal tray)
60 g flour (cake flour)
60 g sugar
3 eggs (beaten)
Dash of vanilla extract
Ⓐ { 1 tbsp milk
Ⓐ { 1 generous tbsp butter (12 g)
Apricot jam (strained to remove pulp) to taste

Directions
❶ Coat the metal tray with a small amount of butter and cover with parchment paper (for baking).
❷ Combine Ⓐ and melt it by pressing Microwave 200W, and entering 1-2 min.
❸ Add the eggs to a bowl and use a handheld blender to whip until the mixture is about 70% foam. Add the sugar and continue whipping thoroughly until the mixture begins to get stiff. Mix in the vanilla extract.
❹ Sift the flour. Fold into the mixture with a wooden spoon, taking care to break up clumps. Add the mixture in ② and stir together quickly.
❺ Press Oven, 170°C, 12-16 min. with Preheat Yes to preheat.
❻ Pour everything into the metal tray briskly and tap the tray on the counter to even out the surface.
❼ Once the beep sounds indicating that preheating is complete, insert the metal tray in the bottom rack to bake.
❽ When baking is finished, flip the metal tray over a cloth and remove the parchment paper. Place the roll cake browned-side up to cool.
❾ Flip the cake upside-down and use a knife to make scores in the surface 1-2 cm apart. Spread the apricot jam on the last 2 cm of the far end of the cake. Start at the near side and roll the cake away from you. Let the cake sit for a while before cutting.

Manual Cooking

Oven (Leaven)
Oven
(Preheat Yes)
→P. E-42

Microwave 200 W 3–4 min.
(Preparation)
Preheat 160°C
Cooking time: 22-28 min.

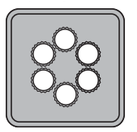
Metal tray
Bottom

Water tank
Empty

Madeleine Cookies

Ingredients (Six Madeleine trays of ten 9–cm cookies)
60 g flour (cake flour)
60 g sugar
60 g butter
1 ½ eggs (beaten)
Ⓐ { 1 tbsp lemon juice
Ⓐ { Grated peel of ½ lemon

Directions
❶ Coat the cookie pan with a small amount of butter and cover with parchment paper (for baking).
❷ Melt the butter by pressing Microwave 200W, and entering 3-4 min.
❸ Add the eggs to a bowl and use a handheld blender to whip until the mixture is about 70% foam. Add the sugar and continue whipping thoroughly until the mixture begins to get stiff. Combine Ⓐ and add to the mixture. Sift the flour and fold into to the mixture with a wooden spoon, taking care not to make the mixture sticky. Add the mixture in ② and stir together quickly.
❹ Pour the batter into the cookie molds and place the pan in the center of the metal tray.



❺ Press Oven, 160°C, 22-28 min. with Preheat Yes to preheat.
❻ Once the beep sounds indicating that preheating is complete, insert the metal tray in the bottom rack to bake.

[Tips]
• Use warm melted butter in the recipe.

Manual Cooking (Microwave Heating) →P. E-38
Manual Cooking (Oven Heating: Preheat Yes) →P. E-42

Manual Cooking

Oven (Leaven)
Oven
(Preheat Yes)
→P. E-43

150°C
Cooking time
48–54 min.

Metal tray
Bottom

Water tank
Empty

Pound Cake (Plain)

Ingredients (one 19 x 8.5 x 6 cm pound cake pan)
Ⓐ { 100 g flour (cake flour)
Ⓐ { ½ tsp baking soda
80 g sugar
100 g butter (room temperature)
2 eggs (beaten)
Dash of vanilla extract
60 g dried fruit (raisins, angelica root, cherries, etc.) (finely chopped and soaked in 1 tbsp rum)

Directions
❶ Coat the cake pan with a small amount of butter and cover with parchment paper (for baking).
❷ Add the butter to a bowl and whip with a handheld blender. Add half the sugar, mix well, and then add the rest of the sugar and mix again. Add the vanilla extract.
❸ Add the eggs slowly while continuing to mix the batter. Add the dried fruit and stir together with a wooden spoon. Combine the flour and baking soda and sift. Add and mix together, taking care not to make the mixture sticky.
❹ Pour the batter into the cake pan and tap on the counter to settle it. Make a dent in the center of the batter and smooth out the surface. Place vertically on the metal tray. (See the Dome-shaped Bread recipe → P. E-83)
❺ Insert the metal tray into the bottom rack and press Oven, 150°C, 48-54 min. with Preheat No to bake.

[Tips]
• For a chocolate banana cake, substitute thinly sliced banana (100 g) and chocolate flakes (30 g) for the dried fruit.

Manual Cooking (Oven Heating: Preheat No) →P. E-44

Manual Cooking

Oven (Leaven)

Oven (Preheat Yes)

Preheat 160°C
Cooking time: 16-22 min.

→P. E-42

Metal tray
Bottom

Water tank
Empty

Cut Cookies

Ingredients (one metal tray)
140 g flour (cake flour)
70 g butter (room temperature)
50 g sugar
½ large egg (beaten)
Dash of vanilla extract

Directions
❶ Whip the butter thoroughly with a handheld blender until it becomes whitish in color. Add the sugar and mix well.
❷ Add the egg and mix thoroughly until creamy. Add the vanilla extract.
❸ Sift the flour as you add it to the mixture. Mix briefly with a wooden spoon. Make the dough into a single ball and cover with plastic wrap. Place in the refrigerator and let rest for about an hour.
❹ Sandwich the dough between two sheets of plastic wrap. Use a rolling pin to roll flat until it is 5 mm thick.

❺ Remove the top sheet of plastic wrap and cut into 3–cm shapes. Cover the metal trays with aluminum foil and arrange the cut cookie dough on top.

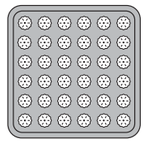
❻ Press Oven, 160°C, 16-22 min. with Preheat Yes to preheat.
❼ Once the beep sounds indicating that preheating is complete, insert the metal trays in the bottom rack to bake.

Manual Cooking (Oven Heating: Preheat Yes) →P. E-42

Pressed Cookies

Ingredients (one tray)
120 g flour (cake flour)
80 g butter (room temperature)
40 g sugar
½ large eggs (beaten) (80 g)
Dash of vanilla extract
Dried fruit (finely chopped) as needed

Directions
❶ Follow steps ①-③ for the Cut Cookies recipe. Place the dough in a cookie press fitted with a flower-shaped attachment.
❷ Cover the metal trays with aluminum foil. Squeeze the cookie press to arrange dough balls on top. Top with dried fruit.
❸ Follow steps ⑥ and ⑦ for the Cut Cookies recipe to bake.



Arrange in the center of the tray

Almond Cookies

Ingredients (two trays, 96 cookies)
Ⓐ 110 g flour (cake flour)
Ⓐ ½ tsp baking powder
35 g butter (room temperature)
35 g sugar
60 g egg (beaten)
60 g sliced almonds

Directions
❶ Follow steps ①–③ for the Cut Cookies recipe, substituting sliced almonds for the vanilla extract. Combine Ⓐ and sift into the mixture. Stir.
❷ Cover the metal tray with aluminum foil. Drop the batter onto the foil in 1–tbsp clumps.
❸ Follow steps ⑥ and ⑦ for the Cut Cookies recipe to bake.

Hints for making cookies

●Mixing in the flour
Mix in the flour briefly as if you are folding it, taking care that the dough does not become sticky.

●If the dough becomes sticky
Cover in plastic wrap and let chill in the refrigerator for a while. Sprinkling too much flour on your working surface will make the cookies grainy and ruin their taste.

●Make sure the cookies are of equal size and thickness
If your cookies are of different sizes or thicknesses, they will bake unevenly.

●Using premade dough
Different types of store-bought cookie dough will cook differently. Be sure to check the dough often during baking.

●Storing dough
Dough will keep for about a week in the refrigerator and about a month in the freezer. Cover in plastic wrap to store.

●Remove immediately after baking
The residual heat in the oven may cause the cookies to burn if left in the oven cavity.

●If the cookies are cooking unevenly
Switch the position of the metal trays when there are 3-4 minutes of cooking time left. Continue baking.

Auto Cooking

Steam Cooking

18 Soft Pudding

(Preheat No)

Microwave 500 W
Cooking time 3–4 min.
Approx. 4 min (Preparation)

Steam Oven

→P. E-35

Metal tray
Bottom

Water tank
Full

Soft Pudding

Ingredients (6 pudding cups 7.5 cm wide and 5.5 cm deep)
Caramel sauce:
Ⓐ 40 g sugar
Ⓐ 1 ½ tbsp water
½ tbsp water
Custard:
Ⓑ 1 ¼ cups milk
Ⓑ 100 ml fresh cream
Ⓑ 50 g sugar
4 egg yolks (beaten)
Dash of vanilla extract

Directions
❶ Fill the water tank to the full line, and insert it into the main unit.
❷ Combine Ⓐ in a heat-resistant bowl. Cook by pressing Microwave 500W, and entering 3-4 min. Check often, adding the water when the mixture becomes caramel-colored. (Take care to avoid getting splashed by the hot mixture.)
❸ Add 1 tsp of the hot caramel sauce to each pudding cup.
❹ Combine B in a bowl. Cook by pressing Microwave 500W, and entering Approx. 4 min. Stir in the sugar until it dissolves. Add the eggs and strain the mixture. Add the vanilla extract and pour into the pudding cups.
❺ Spread two thick paper towels in the center of the metal tray. Pour ¼ cup (50 ml) of water into the tray. Arrange the pudding cups in the center as shown in the figure and insert the tray into the bottom rack. Press Steam Cooking and 18 Soft Pudding to cook. Allow the cups to cool before chilling in the refrigerator.

Manual Cooking (Microwave Heating) →P. E-38

Doneness Adjustment HI

Squash Pudding

Ingredients (9 pudding cups 7.5 cm wide and 4 cm deep)
300 g squash (net weight)
Ⓐ 1 cup milk
Ⓐ 70 g sugar
Ⓑ 3 eggs (beaten)
Ⓑ 100 ml fresh cream
Ⓒ ½ tbsp rum
Ⓒ Dash each of vanilla extract and cinnamon
Whipped cream to taste

Directions
❶ Fill the water tank to the full line, and insert it into the main unit.
❷ Coat the pudding cups with a thin layer of butter.
❸ Peel the squash and chop into bite-size pieces. Cover in plastic wrap and cook using Food & Drink and 4 Leafy Vegetables with the doneness adjustment set to HI. Strain. →P. E-26
❹ Combine Ⓐ in a bowl. Cook by pressing Microwave, 500 W, and entering Approx. 1 min 30 sec. Stir in the sugar until it dissolves. →P. E-38
❺ Combine Ⓑ. Add to the mixture to ④ and stir. Strain, and then add the ingredients in Ⓒ. Add the squash and mix well.
❻ Add the mixture to the pudding cups. Spread two thick paper towels in the center of the metal tray. Pour ¼ cup (50 ml) of water into the tray. Arrange the pudding cups in the center as shown in the figure and insert the tray into the bottom rack. Press Steam Cooking and 18 Soft Pudding and set the doneness adjustment to HI to cook.
❼ Once the pudding cups have cooled, set them in the refrigerator to chill. Serve with whipped cream or other toppings of your choice.

Manual Cooking

Oven (Leaven)

Microwave

→P. E-38

600 W
Cooking time
6 min 30 sec-9 min

500 W
Cooking time
1 min 30 sec

Water tank
Empty

Apple Compote

Ingredients/Directions
❶ Peel two Jonathan apples. Hollow out the cores and cut in half crosswise. Dunk in salt water and rinse briefly.
❷ Place the apple pieces in a deep cooking dish and sprinkle with 50 g sugar and 2 tbsp lemon juice. Cover with plastic wrap. Press Microwave 600W, and enter 6 min. 30 sec.–9 min. to cook. Let sit to cool.
❸ Combine the juice from the apples with 2 tbsp red wine. Press Microwave 500W, and enter Approx. 1 min. 30 sec. to cook. Use the mixture to coat the cooked apples.

Manual Cooking (Microwave Heating) →P. E-38

Hints for using the 18 Soft Pudding function

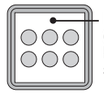
●Number of servings
This function makes enough pudding for 6 heat-resistant glass pudding cups 7.5 cm wide and 5.5 cm deep.

●Recommended cups
Use heat-resistant glass cups 7.5 cm wide and 5.5 cm deep.
The pudding will come out differently depending on the shape of the cups and what they are made of. Check the pudding often during cooking.

●Temperature of the egg mixture
The egg mixture should be between about 35–40°C.

●If the pudding is undercooked
Press Oven, 140°C with Preheat No to continue cooking, checking often. →P. E-44

●Make sure the oven cavity is cool before cooking
If the oven cavity is still hot after using the Oven, Grill, or 28 Deodorizing function, the pudding will not cook correctly.



Arranging the soft pudding

Auto Cooking

Microwave 600 W Cooking time: 3-4 min.
Microwave 600 W Cooking time: 1 min.-1 min. 20 se.c (Preparation)

Steam Cooking

Preheat Steam Oven

(Preheat Yes)

→P. E-37

Metal tray
Bottom

Water tank
Empty

Cream Puffs

Ingredients (9 cream puffs)

40 g flour (cake flour, sift)
Ⓐ
- 40 g butter (cut into 3–4 pieces)
- 100 ml water

2-3 eggs (beaten)
Custard cream as needed
Whipped cream, powdered sugar to taste

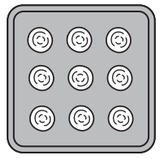
Directions

❶ Fill the water tank to the full line, and insert it into the main unit.
❷ Combine Ⓐ in a large, heat-resistant bowl. Sift a tsp of flour and add to the mix. Heat uncovered until the mixture comes to a full boil by pressing Microwave 600 W, and entering 3–4 min .
❸ Add all of the flour at once, taking care to avoid getting splashed by the hot liquid. Mix thoroughly with a wooden spoon. Cook by pressing Microwave 600W, and entering Approx. 1 min.–1 min. 20 sec. .

❹ Add ⅓ of the egg and mix until the mixture becomes thick and sticky.

❺ Gradually add the rest of the egg and mix together until the batter is so firm that it takes 2 or 3 seconds to drip off of the wooden spoon when lifted out of the bowl.

❻ Place the batter in a decorating tube fitted with a 1–cm nozzle. Cover the metal tray with aluminum foil and coat lightly with a small amount of butter. Squeeze out 9 balls 3–4 cm in size.



❼ Press Steam cooking and 19 Cream Puffs to preheat.
❽ Once the beep sounds indicating that preheating is complete, insert the metal tray in the bottom rack to bake.
❾ When the puffs are finished baking, remove them from the aluminum foil immediately and allow them to cool completely. Make a cut in each one and fill with custard and whipped cream. Top with powdered sugar before serving.

Manual Cooking (Microwave Heating) →P. E-38

⚠CAUTION

The butter and water may splatter when heated
To prevent burns, use a deep, heat-resistant bowl and cut the butter into 3 or 4 pieces before adding to the water. Sprinkling a teaspoon of flour in the bowl will help prevent it from splattering.
• Placing the butter in without cutting it into pieces will cause it to splatter.

Manual Cooking

Micro (Leaven)

600 W
4-6min

Microwave

→P. E-38

Water tank
Empty

Custard Cream

Ingredients (for 9 cream puffs)

1 cups milk
Ⓐ
- 1 tbsp flour (cake flour)
- 1 tbsp corn starch
- 40 g sugar

2 egg yolks (beaten)
Ⓑ
- 25 g butter
- Dash of vanilla extract

Directions

❶ Combine Ⓐ in a large bowl. Gradually add the milk, stirring together with a whisk.
❷ Gradually add the egg, mixing thoroughly. Press Microwave 600W, and enter 4–6 min. to cook, stirring occasionally. Combine Ⓑ and add to the mixture, stirring briefly. Chill.

Manual Cooking (Microwave Heating) →P. E-38

[Tips]
• The custard cream will be thin when it comes out of the oven, but will thicken once it is chilled.

Hints for making cream puffs

●Bring the butter and water to a full boil
If the butter and water are not sufficiently boiled, the cream puffs will not brown in the oven or expand properly.

●Add the egg while the batter is still hot
If the batter cools before the egg is added, you will not be able to get enough egg in the mixture and the cream puffs will bake poorly.

●Add the right amount of egg
Adding too little egg will make the cream puffs small and dark. Too much egg will prevent them from puffing up in the oven, causing them to come out flat.

●Spray the batter with water
To prevent the dough from drying out, spray the surface with water while you are waiting for the oven to preheat.

●Beating the eggs
Using a handheld blender on low speed is the easiest way to mix the batter.

Bread

Manual Cooking

Oven (Leaven)

Oven

(Preheat Yes)

→P. E-42

Steam oven leavening 40°C (Preparation)
Preheat 170°C
16–22 min.

Metal tray
Bottom

Water tank
Full

Butter Rolls

Ingredients (9 butter rolls)

Ⓐ
- 200 g flour (bread flour)
- 2½ tbsp sugar
- ½ tsp salt (3 g)

1 tsp dry yeast powder (quick-rise type) (2.5 g)
Ⓑ
- 20–40 ml lukewarm (40°C) water
- ½ large egg (beaten)
- 70 ml milk (room temperature)

30 g butter (room temperature)
Egg glaze:
½ egg (beaten)
¼ tsp salt

Directions

❶ Fill the water tank to the full line, and insert it into the main unit.
❷ Combine Ⓐ in a bowl and sprinkle in the dry yeast. Combine and add Ⓑ. Mix briefly with your hands, and then slowly add the butter. Mix thoroughly, until the mixture becomes a single clump.
❸ Continue kneading until the dough is no longer sticky and separates easily from the bowl.
❹ Place the dough on a flat surface and pound to flatten. Fold and repeat, kneading for about 15 minutes. Shape into a ball.

❺ Place the dough in a bowl lightly coated with butter. Place the bowl on the metal tray and insert it into the bottom rack. Press Steam Oven Leaven 40°C and enter 50-60 min. with Preheat No to rise.

❻ When the dough has risen to 2-2.5 times its original size, coat a finger with flour and poke the center of the dough. If the hole retains its shape, the rising is complete.

❼ Turn the bowl over to remove the dough. Using your hands, spread it out gently to remove the air.

❽ Use a dough cutter or kitchen knife to cut into 9 pieces (42 g each). Do not tear the dough with your hands, as this will damage it and prevent it from expanding properly.

❾ Roll each section of dough in your hands or on the cutting board until smooth.

❿ Cover the dough balls with plastic wrap or place in a plastic bag and let rest for about 20 minutes, taking care to prevent them from chilling (bench time).
⓫ Place the dough balls in your hand and press each one into a funnel shape. Use a rolling pin to flatten them into long, thin triangles.

⓬ Starting at the base end of the triangle, roll up each section of dough. When they are rolled, arrange them on metal trays lightly coated with butter.
⓭ Insert the metal tray into the bottom rack. Press Steam Oven Leaven 40°C with Preheat No and enter 25–40 min. to rise the dough to 2-2.5 times its original size. Remove the metal tray. Lightly and carefully coat the surface of the rolls with the egg glaze.
⓮ Once the beep sounds indicating that Press Oven 170°C 16–22 min. with Preheat Yes to preheat. Once the beep sound indicating that preheating is complete, inset the metal tray in the bottom rack to bake.

Heat Using Steam Oven Leavening →P. E-47

Manual Cooking (Oven Heating: Preheat Yes) →P. E-42

Manual Cooking

Grill

Grill

→P. E-41

Cooking time 7–12 min. Turn over 2–5 min.

Metal tray
Top

Water tank
Empty

Note: Cooking times are longer than for a standard toaster.

Toast

Ingredients
1-2 slices thick sandwich bread

Directions

❶ Arrange the slices of bread in the center of the metal tray and insert it into the top rack.
❷ Press Grill, 7–12 min. to cook. Turn the bread over and press Grill, 2–5 min. to toast the other side.

[Tips]
Different thicknesses and types of bread will toast differently. Check the bread often during cooking and adjust cooking times as needed. When toasting repeatedly, cooking times can be shortened to Grill, 2–7 min. on the first side and Grill, 1–3 min. on the second side. Check the bread often during cooking.
Manual Cooking (Grill) →P. E-41

Hints for baking bread

●Allow the milk to reach room temperature
Bread will not rise properly when using chilled milk straight from the refrigerator.

●Temperature for rising dough
The ideal temperature for rising dough is 25-27°C. If the room is warmer (in summertime, for example), the dough will not rise as fully.

●Adjust the leavening time as needed
The dough will rise at different speeds depending on several factors, including the type of yeast, the season, and the ambient temperature. Make sure to cover the rising dough with a moist cloth to prevent it from drying out. If the dough does not rise fully, add extra time to leaven, checking the dough often.

●Do not let the dough dry out during resting and rising
If the dough dries out, it will not rise properly. Keep it humid by misting the area around it with water or by placing it inside a large plastic bag.

●Handle the dough with care
Handle the dough gently. Dough that is torn or reworked to correct its shape will become damaged and not expand properly.

●Apply the glaze carefully and sparingly
Lightly glaze the surface of the dough using the palms of your hands. Too much glaze will run onto the metal tray and cause the bottom of the bread to burn.

●Adjust the leavening temperature as needed
The leavening temperature can be set to 30, 35, 40, or 45°C. Select the appropriate setting based on the initial temperature and amount of dough as well as the season and other factors. The standard leavening temperature is 40°C.

Auto Cooking

Steam Cooking

21 French Bread

(Preheat Yes)

P. E-37

Steam oven leavening 35°C (Preparation)

Preheat Steam Oven

Metal tray Bottom

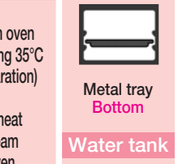
Water tank

Full

French Bread
Bâtard, Coupé

Ingredients (one bâtard, two coupé)
220 g flour (bread flour)
60 g flour (cake flour)
2 generous tsp dry yeast powder (quick-rise type) (6 g)
4 g sugar
6 g salt
1 generous tsp lemon juice (5 ml)
150-180 ml lukewarm (30°C) water

Directions
❶ Fill the water tank to the full line, and insert it into the main unit.
❷ Follow steps ②-④ of the Butter Rolls recipe to make the dough (P. E-81). Place the dough in a bowl coated lightly with butter. Place the bowl on the metal tray and insert it into the bottom rack. Press Steam Oven Leaven 35°C with Preheat No and enter 30–60 min. to rise.
❸ When the dough has risen to about twice its original size, coat a finger with flour and poke the center of the dough. If the hole retains its shape, the rising is complete.



❹ Turn the bowl over to remove the dough. Use a dough cutter or kitchen knife to cut into one bâtard (230 g) and two coupé (100 g each).
❺ Lightly pound the bread to remove any air bubbles. Round the dough to ensure that the surface is smooth. Cover with a moist towel and plastic wrap and let rest for 10–20 minutes (bench time).
❻ Lengthen the bâtard until it is 20 cm long. Turn it over so that the bottom side when resting is now the top. Use a rolling pin to flatten it into a 30–cm oblong shape.
❼ Fold one side of the oblong shape lengthwise 1/3 of the way in. Press the folded portion down with your right palm. Then fold the dough again lengthwise and completely seal the crease. Roll out into a loaf long enough to just fit into the metal tray at a diagonal.

❽ Flatten the coupé into circular shapes 15 cm in diameter. Fold the edge facing you towards the center, leaving about a third of the dough on the far side. Fold the remaining third on top of the existing fold and completely seal the crease.
❾ Shape the ends of the coupé into rounded points, and then roll the dough to form an egg shape.
❿ Place the shaped dough on a metal tray lightly coated with butter. Make sure the creases are facing down. Insert the metal tray in the bottom rack. Press Steam Oven Leaven 35°C and enter 10–20 min. with Preheat No to rise.
⓫ Remove the bread from the oven cavity. Press Steam Cooking and 21 French Bread to preheat the oven.
⓬ While the oven is preheating, cover the dough with a moist cloth or plastic wrap and let it continue rising at room temperature (about 10 minutes). Right before preheating is complete, use a knife or razor blade to make a single lengthwise cut in the surface of the coupé. Make three to four cuts in the bâtard.
• When cutting the coupé, hold the razor blade or knife at 45 degrees to make an angled cut in the dough.

⓭ Once the beep sounds indicating that preheating is complete, insert the metal tray in the bottom rack to bake.
⓮ Once baking is finished, let the bread cool at room temperature before serving.

Heat Using Steam Oven Leavening (P. E-47)

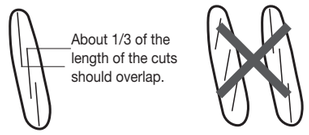
Hints for using the 21 French Bread function

●**Temperature for rising dough**
French bread dough typically rises at 35°C. You may need to adjust this to 30, 35, 40, or 45°C depending on the starting temperature of the dough, the season, or the amount of dough.

●**Do not let the dough dry out during preheating**
Keep the dough humid by covering it with plastic wrap or a moist cloth and allowing it to rise at room temperature.

●**If the bread is baking unevenly**
If the bread is baking unevenly, you can turn the metal tray 180 degrees when there are about 10 minutes of cooking time left

●**Making coupe (cuts) in the bâtard**



Bacon Epi Bread

Ingredients/Directions
❶ Follow steps①–④ for the French Bread recipe (P. E-82) to make the dough. Split into two equally sized chunks and roll into balls. Let rest, following the directions in step 5.
❷ Follow step 6 for the French Bread recipe (P. E-82) to flatten the dough into two 35–cm circles. Sprinkle the surface with a little grated garlic and pepper. Arrange two strips of bacon on each circle lengthwise and roll up from the ends. Seal the open ends.
❸ Place the dough pockets seam-side down on a metal tray coated with a small amount of butter. Lay them side-by-side. Begin the second rise by following step ⑩ for the French Bread recipe (P. E-82). Remove from the oven.
❹ Once the dough is out of the oven cavity, press Steam Cooking and 21 French Bread, and start to preheat. Just before preheating is complete, use a kitchen knife to make cuts in the dough and pull the pieces to the left and right.

❺ Once the beep sounds indicating that preheating is complete, insert the metal tray in the bottom rack to bake.

Epi Bread (Plain)

Follow the directions for Bacon Epi Bread, eliminating the bacon and seasonings.

Manual Cooking

Oven (Leaven)

Oven

(Preheat No)

P. E-44

Steam oven leavening 40°C (Preparation)

190°C
38–45 min.

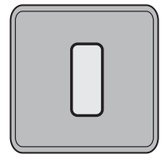
Metal tray Bottom

Water tank

Full

Dome-shaped Bread

Ingredients (one 19 x 10 x 8.5 cm rectangular bread pan)
220 g flour (bread flour)
4 tsp sugar (12 g)
1/2 tsp salt (2.5 g)
2 tsp dry yeast powder (quick-rise type) (5 g)
130-150 ml lukewarm (40°C) water
10 g butter



Front side

Directions
❶ Follow steps ①–⑥ of the Butter Rolls recipe to make the dough. (P. E-81)
❷ Use a dough cutter to divide the dough into three equal sections. Roll each section into a ball. Cover with plastic wrap or place in a plastic bag. Let rest for about 20 min. (bench time).
❸ Flatten the balls into oblong shapes 20 cm tall and 10 cm wide. Starting with the long end, roll each section up completely, then pound lightly with your fist to shape.
❹ Line up the pieces of dough inside a bread pan bowl lightly coated with butter. Place the pan on the metal tray and insert it into the bottom rack. Press Steam Oven Leaven 40°C and enter 50–80 min. with Preheat No to rise.
❺ Insert the metal tray in the bottom rack and press Oven 190°C 38–45 min. with Preheat No to bake.

[Tips]
• During the second rise, the dough should expand until it is protruding 1–2 cm above the top of the bread pan.
• If the dough dries out, keep it humid by misting the area around it with water.
• If the surface of the bread becomes overly browned during cooking, cover with aluminum foil and continue baking.

Heat Using Steam Oven Leavening (P. E-47)
Manual Cooking (Oven Heating: Preheat No) (P. E-44)

Quick Bread

Auto Cooking

Steam Cooking
20 Quick Bread
(Preheat No)
→P. E-35

Microwave 500W
Approx. 30 sec.
Steam Microwave
leavening
10–14 min.
(Preparation)
Steam
Oven

Metal tray
Bottom

Water tank
Full

Ingredients (8 rolls)

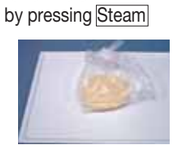
Ⓐ
- 150 g flour (bread flour)
- 1 tbsp sugar (9 g)
- ⅓ tsp salt (2 g)

1 tsp dry yeast powder (quick-rise type) (2.5 g)
90–100 ml water
1 tbsp butter (12 g)

Directions

❶ Fill the water tank to the full line, and insert it into the main unit.
❷ Combine Ⓐ in a sealable plastic bag and add the dry yeast. Mix well.
❸ Put the butter in a baking dish and melt by pressing Microwave 500W and entering Approx. 30 sec. Add the water.
❹ Add ③ to the plastic bag. Seal the bag and knead until the liquid is evenly distributed.

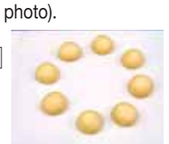
❺ Knead the dough for a good ten minutes.
Adding a little air to the bag before sealing it will allow you to easily knead the dough with both hands.
❻ Shape the dough into a ball 2–3 cm thick and place it on the center of the ceramic tray. Start the first rise by pressing Steam Microwave Leaven Doneness adjustment MID, and enter 10-14 min.



❼ Dust a cutting board with flour (bread flour). Remove the dough from the plastic bag.
❽ Gently press the dough to remove the air. Use a dough cutter or kitchen knife to cut the dough into 8 equal pieces (about 33 g each).

❾ Roll each section of dough into a ball. Cover the ceramic tray with a cooking sheet and place them in the center (see photo).

❿ Start the second rise by pressing Steam Microwave Leaven Doneness adjustment MID, and enter 10–14 min.



⓫ When the dough is finished rising, pick up the ends of the cooking sheet holding the dough and slide it onto the metal tray. Insert the metal tray in the bottom rack and press Steam Cooking and 20 Quick Bread to bake.

Heat Using Steam Microwave Leavening →P. E-46
Manual Cooking (Microwave Heating) →P. E-36

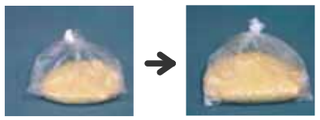
Hints for using the 20 Quick Bread function

●Number of servings
Make only the amount of bread indicated. It has been optimized to make the baking go as easily and quickly as possible.

●Sealable plastic bag
Use a sealable plastic back about 25 x 35 cm in size. The semi-transparent type designed for microwave cooking is ideal, but clear plastic is also acceptable. Make sure the bag is tightly sealed and has no holes before using.

●Knead thoroughly
Kneading the dough thoroughly prevents the flour from clumping and causes the dough to stretch out and become sticky. Continue kneading until the dough sticks together in a single clump and separates from the sides of the plastic bag.

●Proper leavening
Factors like ambient temperature and the type of yeast can cause the dough to rise differently. The dough should take on a netlike appearance after the first rise and grow between 120–150% in size.



First rise
The dough should grow about another 150% in size during the second rise.

Second rise

●Adjust the leavening time as needed
The dough will rise at different speeds depending on the season, ambient temperature, and temperature of the ceramic tray. Leave 10-14 minutes for the first rise, and adjust the second rise as needed.

	For denser dough	For fluffier dough
Second rise	15–20 min	6–10 min

●Do not let the dough dry out
When splitting or shaping the dough, keep it covered with a moist cloth or store in a plastic bag to prevent drying.

●Shaping (rounding) the dough
Place the dough smooth-side up. Round it by tucking the cut edges into the center underneath. Use your fingers to pinch the underside of the ball closed.

●For glazed rolls
Before baking, coat the surface of the dough with a thin layer of beaten egg mixed with a pinch of salt.

●If the rolls are underdone
Use the following functions to continue cooking the rolls, checking often: Oven, Preheat No, 180°C. →P. E-44

Yogurt

Auto Cooking

Steam Cooking
20 Quick Bread
(Preheat No)
→P. E-35

Steam
Microwave
Leavening 10–14 min.
(Preparation)
Steam
Oven

Metal tray
Bottom

Water tank
Full

Manual Cooking

Steam
Micro (Leaven)
Microwave 600 W
5–6min.
(Preparation)

Steam
Microwave
Steam Microwave
Leaven
150–180 min.
→P. E-46

Water tank
Full

Graham bread

Ingredients (one loaf)

Ⓐ
- 120 g flour (bread flour)
- 30 g whole grain (coarsely ground)
- 1 tbsp sugar (approx. 9 g)
- ⅓ tsp salt (approx. 2 g)

1 tsp dry yeast powder (quick-rise type) (approx. 2.5 g)
90–100 ml water
1 tbsp butter (approx. 12 g)

Directions

❶ Follow steps ①–⑦ of the Quick Bread recipe →P. E-84 to make the dough, do the first rise, and roll into a single ball while removing air bubbles.
❷ Shape the dough ball into an oblong loaf. Follow step 7 of the French Bread recipe →P. E-84, tucking the edges of the dough ⅓ of the way inside lengthwise and completely closing the fold.
❸ Cover the ceramic tray with a cooking sheet and place the dough in the center. Start the second rise by pressing Steam Microwave Leaven. Set the doneness adjustment to MED and enter 10–14 min.
❹ Mist the surface of the dough with water to moisten. Sprinkle a bit of whole grain on the outside.
❺ Use a knife or razor blade to make a single lengthwise cut in the surface of the dough.

❻ Follow step ⑪ of the Quick Bread recipe to bake the bread.
→P. E-84

Yogurt

Doneness Adjustment M-LO

Ingredients (4 servings)
500 ml milk (at least 3.0% milk fat)
50–100 g plain yogurt (used as a starter culture)

Directions

❶ Fill the water tank to the full line, and insert it into the main unit.
❷ Prepare a lidded baking dish by sterilizing it with boiling water. Let dry.
❸ Pour the milk into the dish and replace the lid. Cook by pressing Microwave 600W, and entering 5–6 min. Heat to about 80°C.
❹ Let the milk cool until it is lukewarm. Add the yogurt and stir well until evenly dissolved.
❺ Replace the lid and ferment by pressing Steam Microwave Leaven, Doneness adjustment M-LO, and enter Approx. 90 min.
❻ When the beep sounds, press Steam Microwave Leaven, Doneness adjustment M-LO, and enter 60–90 min. Continue fermenting until the milk reaches the desired firmness.
❼ When the yogurt is finished, let it cool before placing it in the refrigerator to chill.

[Tips]
- Enjoy with your favorite jam or fruit, or use as an ingredient in curries or tandori chicken.

Yogurt hints

●Number of servings
The recipe is designed for 500 ml of milk. Using more milk will require adjusting the cooking and fermenting settings.

●Use a lidded baking dish
Sterilize the baking dish with boiling water immediately before using it and let dry completely. Also make sure to use clean spoons and measuring cups.

●Selecting milk
Use regular fresh milk with a fat content of at least 3.0%. Using low fat milk will result in watery yogurt. Even milk pasteurized at high temperature (marked at 120–140°C) should be heated to about 80°C before using. Lactic bacteria cannot live at temperatures above 60°C. Make sure the milk is at the right temperature before adding the yogurt.

●About yogurt starter cultures
- Use commercially available fresh, plain yogurt (nonfat solids content 9.5%, milk fat 3.0%)
- Using yogurt with a different nonfat solids or milk fat content, or with sugar or fruit added, will result in inferior yogurt.
- The more starter culture you use, the easier it is to make the yogurt.
- Do not use the homemade yogurt as a starter culture to make more yogurt.

●Determining when the yogurt is done
The yogurt is done when the milk becomes firm. Immediately let the mixture cool and store it in the refrigerator. Continuing to ferment the yogurt once it is done will cause it to go sour.

●Storage and expiration period
Store the yogurt in the refrigerator and eat within two or three days.

Asia & Middle-East Specialty

Spicy Prawn Rolls

Manual Cooking

Microwave 600W (Preparation)

Oven (Leaven) → Oven (Preheat No) → P. E-42

Preheat 210°C 7–9 min.

Metal tray Bottom

Water tank: Empty

Ingredients
- One cup = 250ml

2 macadamia nuts (10 g)
5 g peeled turmeric
¼ tsp shrimp paste
2 tbsp sugar
⅛ tsp granulated salt
2 tbsp concentrated ripe tamarind juice
85 g dried prawn soaked in water and crushed
1 cup vegetable oil
30 g sliced green goat pepper
30 g sliced red goat pepper
30 g peeled and sliced garlic
55 g peeled and sliced shallot
2 springs of sliced lemongrass (obliquely cut)
40 12.5–12.5 cm spring roll sheets
Vegetable oil for coating the spring roll sheets

Directions

❶ Combine and then crush the macadamia, turmeric, and shrimp paste.
❷ Add the sugar, granulated salt, ripe tamarind juice, and dried prawn, and mix thoroughly.
❸ Put the vegetable oil in a bowl. Place the bowl in the microwave. Press Microwave 600W and enter 3–5 min. to cook until the oil is hot. Take the bowl out of the microwave. Add the shallot, green goat pepper and red goat pepper, and mix thoroughly. Place the bowl back in the microwave. Press Microwave 600W and enter 4–5 min. to cook.
❹ Remove the bowl from the microwave. Add the garlic and lemongrass to the vegetable oil, and mix thoroughly. Place the bowl in the microwave. Press Microwave 600W and enter 8–10 min. to cook. Check the food often and mix thoroughly.
❺ Crush the garlic, shallot, lemongrass, and goat peppers, and set aside.
❻ Combine all the ingredients. Place the bowl in the microwave. Press Microwave 600W and enter 1 min.–1 min. 30 sec. to cook. Take the bowl out of the microwave and mix thoroughly. After allowing to cool, roll the mixture into 2.5 cm long sticks.

Wrapping Directions

❶ Cut each of the spring roll sheets in half. Fill each sheet with filling, roll it a little, fold both sides, and then continue rolling it to the ends. Finally, seal the sheet with paste.
❷ Cover the metal tray with a cooking sheet. Thoroughly coat each roll with vegetable oil. Lay 20 rolls on a cooking sheet. Press Oven, 210°C and enter 7–9 min with Preheat Yes to preheat.
❸ Once the beep sounds indicating that preheat is complete, insert the metal tray into the bottom rack to cook. Take the metal tray out of the microwave. Leave the rolls on the grill to allow them to cool down. Keep the rolls in the closed container. Serve the rolls as snack with a cup of tea.

Manual Cooking (Microwave Heating) → P. E-38
Manual Cooking (Oven Heating: Preheat Yes) → P. E-42

Spicy Fish Grilled in Banana Leaves (Otak-Otak Panggang)

Manual Cooking

Oven (Leaven) → Oven (Preheat No) → P. E-44

210°C 15–20 min.

Metal tray Top

Water tank: Empty

Ingredients

5 tbsp undiluted coconut milk
300 g spanish mackerel
3 tbsp water
⅛ tsp granulated salt
½ egg
2 tsp sliced kaffir lime leaf
1 tsp sliced kaffir lime peel
Banana leaves

Ingredients for Spice (Rempah)

60 g peeled onion
10 g peeled and sliced galangal
1 crushed macadamia nut
6 pieces dried goat pepper soaked in water
¾ tsp shrimp paste
6 g peeled and sliced turmeric

Ingredients for Seasoning

1 tsp Sugar
½ tsp granulated salt
1 tbsp vegetable oil
1½ tsp roasted and ground coriander seeds

Directions

❶ Put all the spice ingredients in the blender, blend thoroughly, and then put it aside.
❷ Scrape half of the fish meat off the bone with a spoon and slice the other half into small pieces.
❸ Finely chop the scraped fish meat until it becomes smooth. Dissolve the granulated salt in water, and then add the saltwater to the scraped fish until it becomes sticky.
❹ Add the undiluted coconut milk, and mix or blend the mixture. Add the egg, blended spices (from ①), and seasoning ingredients, and mix thoroughly. Add the sliced fish meat, kaffir lime leaves, and kaffir lime peel. Mix thoroughly.
❺ Scoop up the mixture and put it on the banana leaf. Spread the mixture until it is about 5x12 cm in size and then fold the banana leaf horizontally so that the leaf overlaps. Pin both tips of the banana leaf with a toothpick.
❻ Lay 5 packs of the mixture on the center of the metal tray. Place the metal tray on the top rack and press Oven, 210°C, 15–20 min. with Preheat No to cook. Take the metal tray out of the microwave. Serve while hot.

Manual Cooking (Oven Heating: Preheat No) → P. E-44

[Tips]
- Makes 4–5 servings
- 1 pack of Spicy Fish Grilled in Banana Leaves uses 35 g of raw ingredients.
- The leaf looks dry outside with a slight burn mark, but is damp inside.

Note:
You can make the paste by mixing cassava (potato flour) into the water and then stirring the mixture at low heat.

Glutinous Rice Dumpling with Pork Filling (Kuih Chang Babi)

Manual Cooking

Microwave 600W (Preparation)

Micro (Leaven) → Microwave → P. E-38

Microwave 600 W 4–5 min.

Water tank: Empty

Ingredients for Sticky Rice
- One cup = 250ml.

500 g sticky rice
2 tsp soy sauce
½ tsp granulated salt
1 tsp ground pepper
1 cup pork broth
¾ cup water
3 tbsp lard
Soft boiled bamboo leaves

Ingredients for Fillings

1½ cups water
300 g pork with fat
30 g leaf lard
3 tbsp lard or vegetable oil
60 g peeled and finally chopped shallot
15 g peeled and finally chopped garlic
¾ tsp granulated salt
3 tsp sugar
2 tsp ground pepper
5 tsp soy sauce
15 g dried Chinese mushroom soaked in water and diced
1 tbsp roasted and pounded coriander seeds
1 tbsp oyster sauce
1 tsp sweet black soy sauce

Directions

❶ Combine the water, pork, and leaf lard in a bowl. Place the bowl in the microwave and close the lid. Press Microwave 600W and enter 5–7 min. to cook until it is well cooked. Take the bowl out of the microwave. Let the pork cool, and then dice it into small pieces. Using a sieve, pour out the soup and set it aside.
❷ Mix the lard, garlic, shallot, and Chinese mushroom together. Put it in the microwave. Press Microwave 600W and enter 4–5 min. to cook until the mixture has a nice aroma. Take it out of the microwave. Mix well.
❸ Flavor with granulated salt, sugar, ½ cup of sieved soup, ground pepper, soy sauce, oyster sauce, sweet black soy sauce, coriander seeds, pork, and leaf lard. Mix the ingredients. Place the bowl in the microwave. Press Microwave 600W and enter 10–12 min. to cook. After cooking for 5 minutes, remove the bowl, mix the ingredients, put the bowl back in the microwave, and then cook for the remaining time. Take the bowl out of the microwave. Mix the ingredients again until almost dry, and then set it aside.
❹ Thoroughly wash the sticky rice with water, and then discard the water. Soak the sticky rice in water for 1 hour, and then drain the water.
❺ Add lard to a bowl. Place the bowl in the microwave. Press Microwave 600W and enter 4–5 min. to cook until it is hot. Take the bowl out of the microwave. Fry the sticky rice in the hot lard. Add soup, water, granulated salt, ground pepper, and soy sauce. Stir. Place the bowl in the microwave and close the lid. Press Microwave 600W and enter 13–14 min. to cook until it is well cooked. Take the bowl out of the microwave. Stir the sticky rice and close the lid.
- When taking out the container, be careful of burns. Use a thick, dry dishcloth or a commercially available oven mitt.

Wrapping the rice

❶ Fold the bamboo leaf into a cone. Fill the cone with 2 teaspoons of filling and sticky rice, and then add stir-fried sticky rice, pushing it tightly into the cone.
❷ Shape the surface of the sticky rice so that it is in the cone evenly.
❸ Add 2 to 3 tablespoons more of filling followed by sticky rice until the cone is full.
❹ Fold the bamboo leaf around the sticky rice and tie it tightly with string.
❺ Using the string, tie the bamboo cones into bunches of 5. Put the cones into a container. Put the container in the microwave and close the lid. Press Microwave 600W and enter 4–5 min. to cook. Take the cones out of the microwave, and serve while hot.

Manual Cooking (Microwave Heating) → P. E-38

[Tips]
- Makes 6–8 servings
- You can wrap the fillings with other kinds of leaf, such as pandanus and bamboo. When using bamboo leaf, first soften it by soaking it in water and then boiling it.

Manual Cooking
Microwave 600W (Preparation)
Micro (Leaven) → Microwave 600 W 10–12 min.
Water tank: Empty
→P. E-38

Stewed Vegetable Nyonya Style (Chap Chye Masak Titik)

Ingredients
• One cup = 250ml.
250 g pork belly
1/8 tsp granulated salt
1 1/2 cups water
250 g peeled shrimp with tail
30 g clean ear mushroom
80 g golden needles mushroom (without root)
30 g soaked vermicelli
60 g bean curd skin
Vegetable oil
30 g fermented whole soybeans (use only soybeans)
500 g chopped cabbage
60 g soft Chinese mushroom soaked in warm water
Ingredients for Spice (Rempah)
120 g peeled shallot
4 crushed macadamia nuts
15 g red goat pepper
2 tbsp shrimp paste
Ingredients for Flavoring Sauce
1/2 tsp granulated salt
2 tsp sugar

Directions
❶ Combine the pork belly, water, and granulated salt in a bowl. Place the bowl in the microwave and close the lid. Press Microwave 600W and enter 10–12 min. to cook. Take the bowl out of the microwave. While the pork is warm, thinly slice it. Drain the hot water through a sieve to use as broth.
❷ Put all the spice ingredients in the blender and blend thoroughly, and then set them aside.
❸ Add 1/3 cup of the vegetable oil to the bowl. Place the bown in the microwave. Press Microwave 600W and enter 3–5 min. to cook until it is hot.
Remove the bowl from the microwave and add half of the soaked bean curd skin (30 g) to the oil. Stir. Place the bowl back in the microwave. Press Microwave 600W and enter 3–5 min. to cook.
Take the bowl out of the microwave. Use a ladle to drain the oil from the bean curd skin. Add the rest of bean curd skin to the bowl.
• When taking out the container, be careful of burns. Use a thick, dry dishcloth or a commercially available oven mitt.
❹ Add 2 tablespoons of vegetable oil, spice ingredients, and the fermented whole soybeans to the bowl and stir. Place the bowl in the microwave. Press Microwave 600W and enter 3–5 min. to cook.
Take the bowl out of the microwave and stir.
❺ Add shrimp to the bowl from ④, put it in the microwave, and close the lid. Press Microwave 600W and enter 2–3 min. to cook. Open the microwave. Take out the bowl and stir.
❻ Add the cabbage, pork, and all the ingredients to the bowl, and then flavor with the pork broth from ①. Stir. Place the bowl in the microwave and close the lid. Press Microwave 600W and enter 10–12 min. to cook. After the first 5 minutes, remove the bowl from the microwave and stir. Put it back into the microwave and continue cooking until the time is up. Take it out of the microwave.
❼ Stir, and then place the Chap Chye Masak Titik on a dish and serve while hot.

Manual Cooking (Microwave Heating) →P. E-38

[Tips]
• Makes 5–6 servings
• Medium boil the pork.
• Do not make the shrimp paste too salty. If the shrimp paste is too salty, reduce the amount of salt and fermented whole soybeans.
• 60 g of bean curd skin will weigh 190 g after soaking in water to soften.

Manual Cooking
Microwave 600W (Preparation)
Micro (Leaven) → Microwave 600 W 1–3 min.
Water tank: Empty
→P. E-38

Fish in Spicy Tamarind Gravy (Asam Gulai)

Ingredients
• One cup = 250ml.
1 piece dried garcenia/senna
3/4 tsp sugar
1/8 tsp granulated salt
9 okra pods
1 tbsp vegetable oil
1/2 cup water
6 peeled shrimps with tail
Ingredients for Curry Paste (Rempah)
1 sliced lemongrass
1/4 tsp sliced turmeric
5 pieces dried goat pepper soaked in water
5 shallot bulbs
1 clove garlic
3/4 tsp shrimp paste
Ingredients for Seasoning
1 3/4 tsp sugar
1/2 tsp granulated salt
1 cup ripe tamarind juice

Directions
❶ Thoroughly mix the dried garcenia, sugar, granulated salt, and water. Add the okra to the mixture and let sit for 10 minutes. Place the bowl in the microwave and close the lid. Press Microwave 600W and enter 3 min. 30 sec.–4 min. to cook.
Take the bowl out of the microwave. Ladle the okra, and then cool and preserve their green color by soaking them in cold water. Lift the ladle to drain the water.
❷ Thoroughly grind or crush the curry paste ingredients.
❸ Put the vegetable oil and curry paste in the bowl and mix well. Place the bowl in the microwave. Heat the curry paste by pressing Microwave 600W, and enter 1 min.–1 min. 30 sec. until it makes a nice aroma.
Take the bowl out of the microwave.
❹ Flavor with the ripe tamarind juice, sugar, and granulated salt, and mix well. Place the bowl in the microwave and close the lid. Press Microwave 600W and enter 3–4 min. to cook.
Take the bowl out of the microwave.
Add the shrimp and mix well. Place the bowl in the microwave again and close the lid. Press Microwave 600W and enter 1–3 min. to cook until it is well cooked.
Take the bowl out of the microwave.
❺ Add the okra to the bowl from ④ and mix well. Put it in the serving dish and serve while hot.

Manual Cooking (Microwave Heating) →P. E-38

[Tips]
• Makes 2–3 servings
• To preserve the green color of the vegetables, promptly move them from boiling water to ice cold water, changing the water often so that the vegetables quickly cool.
• You can make ripe tamarind juice by soaking 1 1/2 teaspoons of ripe tamarind in a cup of water (1 measuring cup), letting it sit for a while, and then pouring it through a sieve to get the juice.

Manual Cooking
Grill 22–23 min.
Microwave 600W 4–5 min. (Preparation)
Micro (Leaven) → Microwave 600 W 8–11 min.
Water tank: Empty
→P. E-38

Chicken in Rich Spicy Gravy (Ayam Kleo)

Ingredients
• One cup = 250ml.
650 g bone-in chicken
3/4 cup undiluted coconut milk
1/2 tsp granulated salt
4 tsp water
Ingredients for Spice (Rempah)
2 dried chilis
1 red goat pepper
1 tsp sliced lemongrass
4 pieces crushed macadamia
1 1/2 tsp peeled ginger
1/4 tsp peeled turmeric
2 cloves peeled garlic
6-8 peeled shallot
Ingredients for Seasoning
1/2 tsp granulated salt
1/2 piece dried garcenia
2 kaffir lime leaves
1 sprig pounded and cut lemongrass

Directions
❶ Put all the spice ingredients in the blender and blend thoroughly.
❷ Sprinkle the chicken with granulated salt. Add 1 tablespoon of ground spices from ①. Add water. Mix well and let sit for 20 minutes.
❸ Cover the metal tray with a cooking sheet. Lay the chicken on the cooking sheet. Place the metal tray on the top rack and press Grill, 22–33 min. to cook.
After 12–20 minutes, open the microwave, turn the chicken over, and then put it back in the microwave to continue cooking, until it reaches 22–33 minutes and the chicken turns gold in color.
❹ Combine a 1/4 cup of undiluted coconut milk and the rest of the spices in a bowl and mix them together. Place the bowl in the microwave. Press Microwave 600W and enter 4–5 min. to cook.
Take the bowl out of the microwave. Stir. Add the grilled chicken, seasoning, and the rest of undiluted coconut milk to the bowl and stir.
❺ Place the bowl in the microwave. Press Microwave 600W and enter 8–11 min. to cook.
After 5 minutes, remove the bowl, turn over the the chicken, and stir. Place the bowl back in the microwave. Close the microwave and continue cooking.
❻ Arrange on a plate and serve.

Manual Cooking (Grill) →P. E-41
Manual Cooking (Microwave Heating) →P. E-38

[Tips]
• Makes 3-4 servings
• A well-prepared dish depends on chicken that is not dry. A juicy chicken will be tender and delicious.

Manual Cooking
Microwave 600W (Preparation)
Micro (Leaven) → Microwave (Relay heating) 600 W 4–5 min. 200 W 19–21 min.
Water tank: Empty
→P. E-40

Beef Rendang

Ingredients
• One cup = 250ml.
350g beef sirloin diced into 2.5 x 2.5cm pieces
3 tbsp grated coconut
1/4 cup undiluted coconut milk
2 tbsp vegetable oil
2 kaffir lime leaves
3/4 cup medium thick coconut milk
Ingredients for Marinade
1/2 tsp granulated salt
1/2 tsp sugar
1/2 tsp seasoning sauce
Ingredients for Spice (Rempah)
60 g peeled shallot
1 sliced lemongrass sprig
1 1/2 tsp sliced galangal
2 red goat peppers
2 pieces sliced ginger
1 clove peeled garlic
2 crushed macadamia nuts
10 dried goat peppers soaked in water
1/2 tsp shrimp paste
Ingredients for Seasoning
1/8 tsp granulated salt
1/2 tsp sugar
1/2 tsp flavoring sauce

Directions
❶ Marinate the beef in the marinade ingredients for 30 minutes.
❷ Put all the spice ingredients in the blender and blend thoroughly, and then set them aside.
❸ On a plate, spread 3 tablespoons of grated coconut into a thin layer. Place the plate in the microwave.
Press Microwave 600W and enter 2–3 min. to cook.
Remove the plate from the microwave, stir the coconut, let cool, and then thoroughly crush the coconut.
❹ Combine the vegetable oil and kaffir lime leaves in a bowl. Place the bowl in the microwave. Press Microwave 600W and enter 1 min. 30 sec.–2 min. to cook until it makes a nice aroma.
Remove the bowl from the microwave. Add the spices and stir. Place the bowl back in the microwave.
Press Microwave 600W and enter 2–3 min. to cook.
Take the bowl out of the microwave.
• When taking out the container, be careful of burns. Use a thick, dry dishcloth or a commercially available oven mitt.
❺ Add the beef and coconut milk, and mix well. Place the bowl in the microwave and close the lid. Use the relay heating function →P. E-40 by pressing Microwave 600W and entering 4–5min., and then press Microwave 200W and enter 19–21min..
Continue to cook until the time is up. Take the bowl out of the microwave and stir.
❻ Add the undiluted coconut milk. Flavor with granulated salt, sugar, and flavoring sauce. Add the crushed coconut from ③. Mix thoroughly.
Put the bowl in the microwave. Press Microwave 600W and enter 8–15 min. to cook.
After the first 4 minutes, remove the bowl and stir. Put it back in the microwave and continue cooking until the time is up. Take the bowl out of the microwave and stir the mixture again.
❼ Place the Beef Rendang on a dish and serve while hot.

Relay Heating →P. E-40
Manual Cooking (Microwave Heating) →P. E-38

[Tips]
• Makes 3–4 servings

Manual Cooking

Micro (Leaven)
Microwave
→P. E-38

Microwave
600W
9-12 min.
2 min. 30 sec.–3 min.

Water tank
Empty

Spicy Shrimp Soup (Tom Yam Goong)

Ingredients
• One cup = 250ml.
350 g peeled banana shrimp with tail
4-5 kaffir lime leaf
5 crushed and chopped galangal rings
2 pieces of crushed and chopped lemongrass (20 g)
10 slightly crushed guinea peppers
5 tbsp fish sauce
¼ cup lime juice
1 tbsp chili paste
⅓ cup evaporated milk
4 cups chicken broth or water
1 stalk coriander leaf

Directions
❶ Combine the kaffir lime leaf, galangal, lemongrass, and chicken broth in a bowl. Place the bowl in the microwave and close the lid. Press Microwave 600W and enter 9–12 min. to cook.
❷ Take the bowl out of the microwave. Flavor with crushed guinea pepper, lime juice, fish sauce, chili paste, and evaporated milk. Stir and set aside.
❸ Lay the shrimp on the plate and cover with food wrap. Put the plate in the microwave. Press Microwave 600W and enter 2 min. 30 sec.–3 min. to cook. Take the plate out of the microwave. Add the cooked shrimp.
❹ Ladle the soup into a bowl and sprinkle it with coriander. Serve while hot.

Manual Cooking (Microwave Heating) →P. E-38

[Tips]
• One shrimp weighs about 60 g.
• After peeling, 600 g of shrimp will weigh about 350 g.

Manual Cooking

Microwave
600W
2-3 min.
2-3 min.
(Preparation)

Micro (Leaven)
Microwave
→P. E-38

Microwave
600 W
5–7 min.

Water tank
Empty

Won Ton Soup

Ingredients
• One cup = 250ml.
20 won ton sheets
1 cup coarsely chopped white prawns (200 g)
⅛ tsp granulated salt
120 g Chinese mustard green diced into 4 cm pieces
1 tbsp dry-pickled vegetables
2 tbsp coarsely chopped green onion
2 tbsp coarsely chopped coriander
2 tbsp chopped garlic
¼ cup vegetable oil
2 tsp coriander root
1 tbsp sliced garlic
¼ tbsp pepper
Ground pepper
Ingredients for Soup
4 ½ cups chicken broth
2 ½ tbsp soy sauce
¼ tsp granulated salt
1 tsp sugar
¼ tsp slightly crushed pepper

Directions
❶ Combine the chopped garlic and vegetable oil in a bowl and mix thoroughly. Place the bowl in the microwave. Press Microwave 600W and enter 2–3 min. to cook. Take the bowl out of the microwave.
• When taking out the container, be careful of burns. Use a thick, dry dishcloth or a commercially available oven mitt.
❷ Lay the Chinese mustard green on a plate, sprinkle with water, and then cover with food wrap. Place the plate in the microwave. Press Microwave 600W and enter 2–3 min. to cook. Take the plate out of the microwave and immediately immerse it in cold water to maintain the bright green color of the Chinese mustard green. Drain.
❸ Combine and then crush the coriander root, garlic, and pepper.
❹ Thoroughly mix the shrimps with the granulated salt and the ingredients from ③. Fill the won ton sheets with the mixture and tightly fold them. Lay the folded won ton on a plate and thoroughly sprinkle them with water. Cover the plate with food wrap. Place the plate in the microwave. Press Microwave 600W and enter 3–4 min. to cook until the shrimps turn pink.
Take it out of the microwave.
❺ Combine all the soup ingredients in the container and put it in the microwave. Press Microwave 600W and enter 5–7 min. to cook.
❻ Arrange the won ton in a bowl with the Chinese mustard green underneath. Sprinkle with green onion, coriander, dry-pickled vegetable leaves, ground pepper, and the fried garlic from ①. Pour the soup into a bowl and serve.

Manual Cooking (Microwave Heating) →P. E-38

[Tips]
• Makes 4 servings.

Manual Cooking

Microwave
600W
2-3 min.
1 min. 50 sec.–2 min. 30 sec.
(Preparation)

Micro (Leaven)
Microwave
→P. E-38

Microwave
600 W
4–5 min.

Water tank
Empty

Flat Rice Noodles Roll

Ingredients
• One cup = 250ml.
500 g flat rice noodles(cut into 20 x 23 cm pieces)
4 cups mung bean sprouts (tails removed)
2 tbsp chopped garlic
3 tbsp vegetable oil
Ingredients for roll filling
1 cup ground pork (200 g)
½ cup chopped shrimp (100 g)
2 tbsp chopped stalk green onion
¼ cup pressed bean curd cake (shredded)
2 coriander root
5 cloves garlic
½ tsp crushed pepper
1 ½ tbsp light soy sauce
1 egg white
Ingredients for dipping sauce
¼ cup vinegar
¼ cup black soy sauce
2 tbsp flavoring sauce
¼ cup fish sauce
7 tbsp thick syrup
2 tbsp crushed yellow goat pepper
2 tbsp chopped garlic

Directions
❶ Thoroughly rinse the bean sprouts and put them in a bowl. Place the bowl in the microwave and close the lid. Press Microwave 600W and enter 2–3 min. to cook. Take the bowl out of the microwave. Soak the bean sprouts in cold water to cool them and drain.
❷ Combine the chopped garlic and vegetable oil in a bowl and mix thoroughly. Place the bowl in the microwave. Press Microwave 600W and enter 1 min. 50 sec.–2 min. 30 sec. to cook until the garlic turns slightly golden. Remove from the microwave, put the garlic in a container, and set aside.
❸ Combine all the filling ingredients. Lay the flat rice noodles on a plain container. Take a scoop of the filling and apply it to ½ of a noodle. Put the bean sprouts on the edges and tightly roll the noodle. Lay 3 rolled noodles on a plate. Place the plate in the microwave and close the lid. Press Microwave 600W and enter 4–5 min. to cook. Take the plate out of the microwave, cut the noodle rolls into bite-size pieces, and then put them on a serving plate. Sprinkle with garlic and serve with dipping sauce.
❹ Combine all the dipping sauce ingredients in a small dish.

Manual Cooking (Microwave Heating) →P. E-38

[Tips]
• Makes 3–4 servings
• 1 flat rice noodle roll contains about 70 g of filling and 30 g of bean sprouts.

Manual Cooking

Microwave
600W
3–4 min.
(Preparation)

Micro (Leaven)
Microwave
→P. E-38

Microwave
600 W
6–10 min.

Water tank
Empty

Baked Crab with Vermicelli in Clay Pot

Ingredients
• One cup = 250ml.
1 sea crab (450-500 g)
2 cups soaked and cut vermicelli (250 g)
½ cup sliced leaf lard or bacon (80 g)
½ tsp granulated salt
1 tsp ground black pepper
1 ½ tsp soy sauce
1 tbsp sesame oil
1 tbsp oyster sauce
1 ½ tsp sugar
2 tsp sweet black soy sauce
1 tsp fragrant chili
4 slices old ginger (10 g)
5 coriander roots (5 g)
10 cloves garlic (10 g)
½ cup chicken broth
2 stalks green onion cut into 7.5 cm-long pieces (10 g)
1 sprig celery cut into 2.5 cm-long pieces (2 g)

Directions
❶ Rinse the crab and chop it into 6 pieces. Sprinkle with granulated salt, black pepper, soy sauce, and sesame oil, and then mix. Let the crab sit for 15 minutes.
❷ Combine the fragrant chili, old ginger, coriander root, garlic, and leaf lard (or bacon) in a bowl. Place the bowl in the microwave. Press Microwave 600W and enter 3–4 min. to cook.
❸ Combine the vermicelli, broth, oyster sauce, sugar, sweet black soy sauce, green onions, celery, and mixed crab. Close the lid and place the bowl in the microwave. Press Microwave 600W and enter 6–10 min. to cook. Take the bowl out of the microwave.
❹ Thoroughly mix and serve.

Manual Cooking (Microwave Heating) →P. E-38

[Tips]
• Makes 3-4 servings.
• If you want extra soft vermicelli, add ¼ cup more of soup.
• Certain brands of vermicelli absorb moisture more efficiently than others.
• Thinly slice the leaf lard so that it produces more oil.

Manual Cooking

Microwave
600W
(Preparation)

Micro (Leaven)
Microwave
→P. E-38

Microwave
600 W
2–4 min.

Water tank
Empty

Pork in Crystal Balls

Ingredients for Crystal Ball
• One Cup = 250ml.
2 cups premium small sago
¾ cup water
Ingredients for Pork Filling
1 cup minced pork
1 cup pickled Chinese turnip (grated)
1 cup chopped shallot
½ cup crushed roasted peanuts
2 tsp sliced coriander root
1 tbsp sliced garlic
1 tsp pepper
1 cup palm sugar
2 tbsp fish sauce
2 tbsp vegetable oil
Fried garlic
Coriander
Guinea pepper
Lettuce

Directions
❶ Combine and then crush the coriander root, garlic, and pepper.
❷ Combine the vegetable oil and ingredients from item 1 in a bowl. Mix thoroughly. Place the bowl in the microwave. Press Microwave 600W and enter 1 min.–1 min. 30 sec. to cook until it makes a nice aroma. Take the bowl out of the microwave. With the exception of the peanuts, add the rest of the ingredients and mix thoroughly. Place the bowl in the microwave. Press Microwave 600W and enter 13–17 min. to cook. (Take the bowl out of the microwave every 5 minutes and stir the ingredients.) Take the bowl out of the microwave. Add the peanuts and stir. Put the bowl back in the microwave. Press Microwave 600W for another 1 min. 30 sec.–3 min. Take the bowl out and mix the ingredients. Allow to cool, and then mold the mixture into balls 1 cm in diameter.
❸ Rinse the sago, drain, and set aside. Pour the water into a bowl. Place the bowl in the microwave and close the lid. Press Microwave 600W and enter 2 min.–2 min. 30 sec. to cook. Take the bowl out and add the sago to the hot water. Press the sago with a spatula to immerse it in the water. Place the bowl back into the microwave. Press Microwave 600W for another 1 min.–1 min. 30 sec. Take the bowl out of the microwave. Thoroughly mix the sago and set aside.
❹ Spread 10 g of sago on the food wrap, put a filling ball (about 5 g) in the middle, and then wrap it up. Lay 10 sago balls on the plate and cover them with the food wrap. Place the plate in the microwave. Press Microwave 600W and enter 2–4 min. to cook. Take the plate out of the microwave. Sprinkle the dish with fried garlic. Serve with coriander, lettuce, and guinea pepper.

Manual Cooking (Microwave Heating) →P. E-38

Manual Cooking
Micro (Leaven) / Microwave → P. E-38
Microwave 600 W 8–10 min.
Water tank: Empty

Steamed Pomfret with Pickled Plum

Ingredients
• One cup = 250ml.
1 pomfret (600 g)
2 tbsp sliced leaf lard
¼ cup dried Chinese mushroom soaked in water and vertically cut
¼ cup green onion cut into 2.5 cm-long pieces
¼ cup celery cut into 2.5 cm-long pieces
1 pickled plum
2 tbsp red goat chili vertically cut
2 tbsp chopped fresh ginger
½ knob of old ginger (crushed)
Ingredients for Sauce
4 tsp pickled plum sauce
2 tsp sugar
2 tsp soy sauce
1 tsp Chinese rice wine
½ tsp ground pepper
1 tbsp sesame oil

Directions
❶ Clean and gut the fish and rinse thoroughly. Score the fish and drain.
❷ Stuff the fish with old ginger. Lay the fish on a serving plate and sprinkle with leaf lard, Chinese mushroom, green onions, celery, chopped fresh ginger, goat pepper, and pickled plum.
❸ Combine all the sauce ingredients. Pour the sauce on the fish. Close the lid or cover the plate with food wrap. Place the plate in the microwave. Press Microwave 600W and enter 8–10 min. to cook. Take out of the microwave and serve.

Manual Cooking(Microwave Heating) → P. E-38

Manual Cooking
Microwave 600W 200W (Preparation)
Micro (Leaven) / Microwave → P. E-38
Microwave 600 W 11–13 min.
Water tank: Empty

Soft Rice and Pork Ribs

Ingredients
• One cup = 250ml.
200 g pork ribs cut into 3 cm-long pieces
¼cup dried shrimp (not salty)
½cup rice
¼cup celery cut into sections
1 tbsp dry-pickled vegetables
2 tbsp crispy fried garlic
1 ½ tbsp light soy sauce
½ tsp ground pepper
4 cups chicken broth
½ cup dried pressed bean curd slices
1 ½ cups vegetable oil

Directions
❶ Thoroughly rinse the pork ribs, and then put them in a serving pot. Add the chicken broth. Put the microwave cover on the pot and place it in the microwave. Press Microwave 600W and enter 10–12 min. to cook.
Uncover and remove fatty impurities from the surface of the broth. Lower the power to Microwave 200W and enter 18–22 min. to cook.
❷ Thoroughly rinse the rice and drain. Put the rice and dried shrimp into a pot. Season with light soy sauce and ground pepper. Put the microwave cover on the pot and place it in the microwave. Press Microwave 600W and enter 11–13 min. to cook until the rice is cooked. Take the pot out of the microwave and ladle the contents into a bowl. Sprinkle with fried garlic, celery, and dry-pickled vegetables. Serve while hot with fried bean curd slices.
How to fry bean curd
Pour oil into a heat-resistant bowl and put it in the microwave. Press Microwave 600W and enter 6–8 min. to cook.
Open the microwave and take the bowl out. Put the bean curd slices into the bowl and stir until the bean curd is well cooked. While stirring, be careful to not get spattered by hot oil. Put the bean curd onto a paper towel.
• When taking out the container, be careful of burns. Use a thick, dry dishcloth or a commercially available oven mitt.

Manual Cooking (Microwave Heating) → P. E-38

[Tips]
• Makes 4 servings

Manual Cooking
Microwave 600W 200W (Preparation)
Micro (Leaven) / Microwave → P. E-38
Microwave 600 W 2–3 min.
Water tank: Empty

Honey Roasted Pork Spare Ribs

Ingredients
• One cup = 250ml.
500 g pork spare ribs
200 g Chinese mustard green cut into 5 cm-long pieces
1 ½ tsp corn flour
1 ½ tbsp water
Ingredients ①
2 tbsp cake flour
1 tbsp flavoring sauce
¾ tsp ground pepper
½ tsp sweet black soy sauce
1 tbsp oyster sauce
1 tbsp sesame oil
2 tbsp honey
Ingredients ②
1 tbsp honey
1 tsp sugar
½ tsp granulated salt
1 tsp sweet black soy sauce
½ cup chicken broth

Directions
❶ Rinse the pork spare ribs, and then wipe them dry. Combine the spare ribs with Ingredients ① and let sit for about 1 hour.
❷ Lay the mixed spare ribs on a dish and place it in the microwave. Press Microwave 600W and enter 6–8 min. to cook until the mixed spare ribs are cooked.
❸ Add ingredients ② and mix thoroughly. Place the dish in the microwave and close the lid. Press Microwave 200W and enter 24–27 min. to cook. Take the dish out of the microwave.
❹ Dissolve the corn flour in water, pour it on the spare ribs, and then mix thoroughly. Place the dish in the microwave. Press Microwave 600W and enter 2–3 min. to cook.
❺ Lay the Chinese mustard greens on a dish and cover them with food wrap. Place the dish in the microwave. Press Microwave 600W and enter 1 min. 30 sec.–4 min. to cook. Take the dish out of the microwave and remove the food wrap. Cool the Chinese mustard greens by immersing them in very cold water. Drain.
❻ Arrange the honey roasted spare ribs and the Chinese mustard green on a serving plate. Serve while hot.

Manual Cooking (Microwave Heating) → P. E-38

[Tips]
• Makes 2-3 servings.

Manual Cooking
Micro (Leaven) / Microwave (Relay heating) → P. E-40
Microwave 600 W 13–17 min. 200 W 20–22 min. 600 W 5–7 min.
Water tank: Empty

Cassertyole Duck Thai Style

Ingredients
• One cup = 250ml.
½ stewed duck (about 600g)
4 cups chicken broth
2-3 slices galangal
2 sprigs crushed and chopped lemongrass
2 red goat chili peppers chopped into 2.5cm-long pieces
2 kaffir lime leaves
3 shallot bulbs (crushed) (10 g each)
2 tbsp lime juice
2 tbsp fish sauce
1 tbsp flavoring sauce
10 small tomatoes (10 g each)

Directions
❶ Chop the stewed duck into bite size pieces and put in a container. Combine the chicken broth, galangal, lemongrass, goat pepper, kaffir lime leaves, and shallots. Place the container in the microwave and close the lid. Use the relay heating function → P. E-40 by pressing Microwave 600W and entering 13–17min., and then pressing Microwave 200W and entering 20–22 min. Microwave until the duck meat is tender. Take the container out of the microwave.
❷ Add the small tomatoes and flavor with lime juice, fish sauce, and flavoring sauce. Place the container in the microwave. Press Microwave 600W and enter 5–7 min. to cook. Take out of the microwave and serve.

Manual Cooking (Microwave Heating) → P. E-38

Manual Cooking
Microwave 600W 4 min.–4 min. 30 sec. (Preparation)
Micro (Leaven) / Microwave → P. E-38
Microwave 600 W 14-16 min. 200 W 18-20 min.
Water tank: Empty

Chicken Drum Stick Panang

Ingredients
• One cup = 250ml.
¼ cup undiluted coconut milk
1 tbsp vegetable oil
6 chicken drum sticks (740 g)
¾ cup medium thick coconut milk
2 tbsp fish sauce
1 tbsp palm sugar
¼ cup sweet basil leaf
3 sliced kaffir lime leaf
1 sliced red goat pepper
Ingredients for Panang chili paste
7 dried red goat peppers without seeds (30 g)
¼ cup chopped shallot (30 g)
2 tbsp chopped garlic (10 g)
1 tbsp chopped galangal
2 tbsp chopped lemongrass
1 tsp sliced kaffir lime peel
2 tsp sliced coriander root
½ tsp ground pepper
½ tsp granulated salt
1 tsp shrimp paste

Directions
❶ Finely crush the Panang chili paste ingredients.
❷ Combine the vegetable oil, Panang chili paste, and undiluted coconut milk in a bowl, and mix thoroughly. Place the bowl in the microwave. Press Microwave 600W and enter 4–4 min. 30 sec. to cook.
❸ Add the chicken drum sticks to the Panang chili paste. Add the coconut milk. Flavor with fish sauce and palm sugar. Close the lid and place the bowl in the microwave. S Press Microwave 600W and enter 14–16 min. to cook. Remove the lid and lower the power to Microwave 200W for another 18–20 min. Take the bowl out of the microwave and mix the ingredients. Sprinkle the dish with kaffir lime leaves, sweet basil leaves, and goat pepper.

[Tips]
• Makes 5–6 servings
• After the Panang chili paste ingredients are crushed you will have about a 1/2 cup of paste.
• If you want a thicker red curry, cook the Panang chili paste for another 3 minutes

Manual Cooking (Microwave Heating) → P. E-38

Manual Cooking
Oven (Leaven) / Oven (Preheat No) → P. E-44
210 ºC 29–34 min.
Metal tray: Top
Water tank: Empty

Masala Chicken

Ingredients
• One cup = 250ml.
500 g whole chicken wings
1 tsp corn seed oil
¼ tsp cumin powder
½ tsp coriander seed powder
¼ tsp turmeric powder
¼ tsp paprika powder
½ tsp masala powder
¼ tsp grated lemon peel
½ tsp lime juice
1 ½ tsp granulated salt

Directions
❶ Combine the cumin powder, coriander seed powder, turmeric powder, paprika powder, masala powder, lemon peel, granulated salt, lime juice, and corn seed oil.
❷ Add the chicken wings and marinate for 3 hours.
❸ Cover the metal tray with a cooking sheet. Lay the chicken wings on the center of the metal tray. Apply a thin coat of corn seed oil to the chicken wings. Place the metal tray on the top rack and press Oven, 210°C, 29–34 min. with Preheat No to cook.
After the first 18 minutes, open the microwave, turn over the chicken, and apply a thin coat of corn seed oil. Continue cooking until the time is up and the wings turn golden brown. Take the metal tray out of the microwave.
❹ Arrange the Masala Chicken on the dish together with salad greens, chili sauce, and tomato sauce. Serve while hot.

Manual Cooking (Oven Heating: Preheat No) → P. E-44

[Tips]
• Makes 4–5 servings
• If you want crispier chicken wings, cook them a while longer.
• Once cooked, the chicken will have juicy meat with golden skin.

Manual Cooking
Microwave 600W (Preparation)
Micro (Leaven)
Microwave
P. E-38
Microwave 600 W 13–15 min.
Water tank
Empty

Fish Kabsa

Ingredients
• One cup = 250ml.
500 g sea bass (cut into 2.5 x 2.5 cm pieces)
400 g jasmine rice
⅓ cup vegetable oil
2 chopped onions (medium size)
½ tsp grated ginger
½ tsp crushed garlic
2 green goat peppers (julienne cut)
3 sliced medium-sized tomato (cut in rings)
½ tsp cardamom
½ tsp dried clove bud
¼ cup roughly chopped coriander
1¼ tsp granulated salt
½ tsp cinnamon powder
½ tsp turmeric powder
½ tsp coriander seed powder
1 cup water
Chili sauce

Directions
❶ Thoroughly wash the jasmine rice, and then soak it in water for 15 minutes.
❷ Thoroughly rinse the fish and drain. Sprinkle the fish with cinnamon powder, turmeric powder, and coriander seed powder. Mix the powder thoroughly and let sit for 15 minutes.
❸ Add the vegetable oil to a bowl. Place the bowl in the microwave. Press Microwave 600W and enter 2–3 min. to cook until it is hot. Take the bowl out of the microwave. Lay the fish in the bowl. Place the bowl in the microwave. Press Microwave 600W and enter 4 min.–4 min. 30 sec. to cook.
After the fish is cooked, drain the oil with a ladle.
• When taking out the container, be careful of burns. Use a thick, dry dishcloth or a commercially available oven mitt.
❹ Add the onion, garlic, and ginger in the oil left from ③, and stir. Place the bowl in the microwave. Press Microwave 600W and enter 13–15 min. to cook. After the first 7 minutes, remove the bowl and add the goat pepper, cardamom, and clove bud. Stir. Place the bowl back into the microwave and continue cooking until the time is up.
❺ Take the bowl out and stir. Add the tomatoes. Place the bowl back in the microwave. Press Microwave 600W and enter 4–5 min. to cook.
After the tomatoes are cooked, take the bowl out of the microwave.
❻ Dissolve salt in water and set it aside.
❼ Mix the jasmine rice and coriander with the mixture from ⑤. Bury the fried fish in the rice. Pour the salt water from ⑥ over the rice. Place the bowl in the microwave and close the lid. Press Microwave 600W and enter 13–15 min. to cook until it is well cooked. Take the bowl out of the microwave and stir.
❽ Put the Fish Kabsa on a well-decorated dish. Serve with chili sauce.

Manual Cooking (Microwave Heating) P. E-38

[Tips]
• Makes 4–5 servings.
• To remove the fishy smell, sprinkle the fish with salt and cassava (potato flour), rinse, and then drain.

Manual Cooking
Microwave 600W 2 min.–2 min. 30 sec. (Preparation)
Micro (Leaven)
Microwave
P. E-38
Microwave 600 W 8–11 min.
Water tank
Empty

Spicy Bean Soup

Ingredients
• One cup = 250ml.
70 g coarsely chopped onion
1 clove crushed garlic
1 tbsp sunflower seed oil
140 g canned red beans
½ tsp cumin seed
140 g corn in salt water
1 cup vegetable stock
1 tbsp coarsely chopped parsley
1 tbsp lime juice
½ tsp ground pepper
¼ tsp granulated salt
1 tsp coarsely chopped green onion
Sour cream
Cheddar cheese
Arabic bread cut into 1½ cm-long pieces and baked as you like

Directions
❶ Combine the sunflower seed oil, onion, garlic, cumin, ground pepper, and granulated salt in a bowl. Place the bowl in the microwave. Press Microwave 600W and enter 2 min.–2 min. 30 sec. to cook.
Take the bowl out of the microwave. Stir.
❷ Add the corn, red beans, parsley, and vegetable stock to the bowl, and mix thoroughly. Place the bowl in the microwave and close the lid. Press Microwave 600W and enter 8–11 min. to cook.
After the first 4 minutes, remove the bowl, stir, and then put it back in the microwave and continue cooking until the time is up.
Take the bowl out of the microwave.
❸ Add lime juice and stir. Ladle the soup into a serving cup, garnish it with cheddar cheese, and then sprinkle it with bread and sour cream. Embellish the soup with coarsely chopped green onion and serve.

Manual Cooking (Microwave Heating) P. E-38

[Tips]
• Makes 3–4 servings
• After removing the Spicy Bean Soup from the microwave, the amount of soup will decrease as the ingredients absorb it.

Manual Cooking
Micro (Leaven)
Oven (Leaven)
Microwave
P. E-38
Oven
(Preheat No)
P. E-44
Microwave 600 W 11-14 min. 210°C 9–12 min.
For Microwave
Metal tray bottom for oven
Water tank
Empty

Stuffed Zucchini

Ingredients
• One cup = 250ml.
9 hollowed and cut zucchinis (cut into 6.5 cm-long pieces)
¼ cup water
2 tbsp lime juice
2 tbsp olive oil
Coriander
Mint yogurt
Ingredients for Filling
½ cup jasmine rice
3 tbsp coarsely chopped coriander
3 tbsp coarsely chopped dill
½ cup coarsely chopped onion
½ cup vegetable stock
½ tsp coarsely chopped and crushed garlic
½ tsp coarse ground black pepper
½ tsp curry powder
1 tsp granulated salt
½ cup coarsely chopped tomato pulp

Directions
❶ Thoroughly rinse the jasmine rice, soak it in water for 10 minutes, and then drain the water.
❷ Combine the filling ingredients.
❸ Hollow out the zucchini, rinse it thoroughly, and then drain. Stuff the zucchini with filling and put it in a bowl. Add the rest of the filling to the bowl, and then add water. Place the bowl in the microwave and close the lid. Press Microwave 600W and enter 11-14 min. to cook until it is well cooked.
• Be sure to use a microwave oven safe bowl.
❹ Remove the bowl from the microwave. Pour the olive oil and lime juice on the ingredients. Place in the center of the metal tray. Insert the metal tray into the bottom rack. Press Oven, 210°C, 9-12 min. with Preheat No to cook. When the stuffed zucchini has a slight burn mark, take the bowl out of the microwave.
❺ Place the Stuffed Zucchini on a dish and embellish it with coriander. Serve with mint yogurt.

Manual Cooking (Microwave Heating) P. E-38
Manual Cooking (Oven Heating: Preheat No) P. E-44

[Tips]
• Makes 3–4 servings
• If you like a more sour flavor, add more lime juice.

Manual Cooking
Micro (Leaven)
Oven (Leaven)
Microwave
P. E-38
Oven
(Preheat No)
P. E-44
Microwave 600W 5–7 min. 18–19 min. 50 sec. 200°C 40–50 min.
For Microwave
Metal tray bottom for oven
Water tank
Empty

Lebanese Meatballs

Ingredients
• One cup = 250ml.
500 g chopped mutton
330 g coarsely chopped onion (2 bulbs)
4 cloves chopped garlic
¼ cup coarsely chopped coriander
1 tsp paprika powder
1 tsp grated lime peel
2 tsp lime juice
2 tsp concentrated tomato
4 tsp pine nuts
1 egg
6 tsp flour (cake flour)
1½ tsp granulated salt
1 tsp coarse ground black pepper
3 tbsp corn seed oil
2 tbsp olive oil
3 cups diced potatoes
½ sliced red sweet pepper
½ sliced yellow sweet pepper
4 cups tomato juice
2 tsp ground cumin
2 tbsp coarsely chopped parsley

Directions
❶ Combine the chopped mutton with the onions, garlic, coriander, parsley, paprika powder, lime juice, grated lime peel, concentrated tomato, pine nuts, egg, and flour. Flavor with 1¼ teaspoons of granulated salt and black pepper. Thoroughly mix the ingredients, and then shape the chopped mutton into balls about 15 g each.
❷ Add the corn seed oil to a bowl. Neatly arrange the 20 balls in the bowl. Put the bowl in the microwave. Press Microwave 600W and enter 5-7 min. to cook until it is medium cooked. Take the bowl out of the microwave. Ladle the mutton to drain the oil and set aside (do the same to the rest of the mutton without adding more oil).
❸ Combine the olive oil, sweet peppers, cumin, tomato juice, potatoes, the rest of the salt, and the mutton, and mix well. Put the bowl in the microwave and press Microwave 600W and enter 18 min.–19 min. 50 sec. to cook.
• Be sure to use a microwave oven safe bowl.
After the first 10 minutes, remove the bowl, stir, and then put the bowl it back in the microwave until the time is up. When the mutton is well cooked, take the bowl out of the microwave.
❹ Cover the bowl with foil and place it in the center of the metal tray. Insert the metal tray into the bottom rack. Press Oven, 200°C, 40–50 min. with Preheat No to cook. Take the bowl out of the microwave.
❺ Serve while hot with rice or egg noodle.

Manual Cooking (Microwave Heating) P. E-38
Manual Cooking (Oven Heating: Preheat No) P. E-44

[Tips]
• Makes 6–8 servings
• Softer mutton is juicier. If you want the mutton juicier, reduce the oven time in ④ to 30 minutes.

Manual Cooking
Microwave 600W 5–6 min. (Preparation)
Micro (Leaven)
Microwave
P. E-40
Microwave 600W 19 min. 50 sec. 10–12 min.
Water tank
Empty

Lamb with Green Herbs

Ingredients
• One cup = 250ml.
500 g diced lamb chops (no bone)
2 tbsp sunflower seed oil
3 chopped medium-sized onions (150 g each)
1 tsp crushed garlic
1 tsp grated ginger
1 tsp turmeric powder
¼ tsp granulated salt
Ingredients for Marinade
1¼ cups plain yogurt
1 coarsely chopped green pepper
1 cup coarsely chopped coriander
½ cup coarsely chopped spinach
3 tsp coarsely chopped fenugreek
3 tsp coarsely chopped mint leaves
6 pieces coarsely chopped green goat pepper (no seeds)
1 tsp masala powder
¼ tsp chopped galangal
½ tsp paprika powder
½ tsp granulated salt

Directions
❶ Combine the ingredients in a bowl. Marinade the lamb chops in the ingredients for 1 hour.
❷ Combine the sunflower seed oil, garlic, onion, galangal, ginger, and granulated salt in a bowl. Place the bowl in the microwave. Press Microwave 600W and enter 5–6 min. to cook. Take the bowl out of the microwave and stir.
❸ Add the marinated lamb chops to the mixture from ⑥. Mix thoroughly. Place the bowl in the microwave and close the lid. Press Microwave 600W and enter 19 min. 50 sec., stir, and then press Microwave 600W for another 10–12 min.
After the first 15 minutes, remove the bowl, stir the lamb chops, and then put the bowl back in the microwave and continue cooking until the time is up. Take the bowl out of the microwave.
❹ Sprinkle turmeric powder on the lamb chops and mix thoroughly. Serve with hot cooked rice.

Manual Cooking (Microwave Heating) P. E-38

[Tips]
• Makes 3–4 servings
• For tender, easy-to-chew cooked lamb, soft lamb is recommended.

Specifications

Power source		AC 220V, 50Hz	AC 230V, 50Hz	AC 240V, 50Hz
Microwave oven	Power consumption 1,450W	6.6A	6.3A	6.0A
	High-frequency output	1,000W, 600W, 500W, 200W equivalent, 100W equivalent		
	Oscillation frequency	2,450 MHz		
Grill	Power consumption 1,330W (heater 1,280W)	6.0A	5.8A	5.5A
Oven	Power consumption 1,330W (heater 1,280W)	6.0A	5.8A	5.5A
Temperature adjustment range		Leaven, 100°C—210°C, 250°C. The operation period at 250°C is about five minutes. Afterwards, the temperature automatically switches to 210°C.		
External dimensions		Width 503 mm x depth 449 mm x height 350 mm		
Usable dimensions of oven cavity		Width 295 mm x depth 316 mm x height 220 mm		
Mass (weight)		About 14 kg		